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eye openers

SOCIAL MEDIA

'Your Sleazy Ex Has Tagged You in a Mandated Apology'

A Cincinnati man who made comments about his estranged wife on his Facebook page and was threatened with 60 days in jail unless he posted daily apologies for a month won't be locked up even though he quit early. A judge told Mark Byron Monday that posting the apology for 26 days was sufficient. A court magistrate had said he had to post apologies for 30 days and pay a fine. (AP)

"He became very involved with his performance. He took his clothes off as he sang to the audience."

— **SGT. BYRON BARNES** OF THE MELBOURNE, FLA., POLICE DEPARTMENT, WHICH ARRESTED A MAN PERFORMING KARAOKE AT A LOCAL APPLEBEE'S. THE MAN WAS SUBDUED BY POLICE WHILE TRYING TO FLEE THE SCENE. (EXPRESS)

INDECENT EXPOSURE

Family Hopes to Confuse Principal Into Submission

A family was arrested Friday for stripping naked outside a suburban Philadelphia high school and chanting "God is great." Investigators don't know why 44-year-old Sarah Butler and three of her children decided to disrobe. She had gone to the school asking to see a student. When she was denied, the family disrobed and began chanting. (AP)

The Big Picture

PETER MORRISON/AP

THAT'S NOT HOW YOU CALL BATMAN: A display called the Global Rainbow is projected into the night sky from Scrabo Tower in Newtownards, Northern Ireland, Friday. The laser projection created by artist Yvette Mattern was visible across the night sky, signaling 100 days to go until the opening of the London 2012 Festival of arts. (AP)

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Killings Suspect, Lawyer Meet

Attorney says talk shed light on toll of war in Afghanistan

Fort Leavenworth, Kan.

The lawyer for the Army sergeant accused of slaughtering 16 Afghan civilians met with his client behind bars for the first time Monday to begin building a defense and said the soldier gave a powerfully moving account of what it is like to be on the ground in Afghanistan.

Lawyer John Henry Browne said he and Robert Bales, who is being held in an isolated cell at the military prison, met for more than three hours in the morning at Fort Leavenworth. Browne, co-counsel Emma Scanlan and Bales were expected to talk again in the afternoon.

"What's going on on the ground in Afghanistan, you read about it. I read about it. But it's totally different when you hear about it from somebody who's been there," Browne said. "It's just really emotional."

Bales, 38, has not been charged yet in the March 11 shootings, which sparked protests in Afghanistan, endangered relations between the two countries and threatened to upend American policy over the decade-old war. Formal charges could be filed within a week.

At their meeting, Browne said Bales clarified a story, provided initially by the soldier's family, about the timing of a roadside bomb that blew off the leg of one of Bales' friends. It was two days before the shooting, not one, and Bales didn't see the explosion, just the aftermath, Browne said.

Military officials have said that Bales, after drinking on a southern Afghanistan base, crept away to two villages overnight, shooting 16 victims and setting many of them on fire.

Bales arrived at Fort Leavenworth last Friday and is being held in the same prison as other prominent defendants. Pfc. Bradley Manning, who is charged with leaking classified documents to the WikiLeaks website, has been held there on occasion as he awaited trial.

Bales' family said through his defense lawyers over the weekend that they are stunned by the accusations, but are standing by a man they knew "as a devoted husband, father and dedicated member of the armed services." GENE JOHNSON AND JOHN MILBURN (AP)

SPC. RYAN HALLOCK/AP

Robert Bales, seen here 2011 at Fort Irwin, Calif., met with his lawyer Monday. John Henry Browne said his client described a moving account of the war in Afghanistan.

Backstory

Records and interviews show that Robert Bales had commendations for good conduct after four tours in Iraq and Afghanistan. He also faced a number of troubles in recent years: A Florida investment job went sour, his Seattle-area home was condemned as he struggled to make payments on another, and he failed to get a recent promotion. In 1998, Bales was given a $65 citation for possessing alcohol in Daytona Beach, Fla. He did not pay the fine nor defend himself in court. A warrant was issued, but it later expired. (AP)

In Brief

WASHINGTON

FAA to Explore Allowing Use of Electronic Devices

The Federal Aviation Administration said Monday it is "exploring ways to bring together all of the key stakeholders involved" to discuss whether there are practical ways to test personal electronic devices to see whether they are safe for passengers to use during critical phases of flight. (AP)

NEW YORK

N.Y. Mets Owners Settle In Madoff-Related Case

The New York Mets' owners scored an early-season victory Monday, stabilizing the club's financial future in a deal with a trustee for Bernard Madoff's fraud victims that requires them to pay millions less than they might have. The owners agreed to pay up to $162 million. The trial was to determine whether they might owe as much as $386 million. (AP)

OKLAHOMA CITY

Baseball-Sized Hail Forecast for Okla., Texas

The National Weather Service's Storm Prediction Center in Norman, Okla. said Monday the forecast for northern Texas and southeast Oklahoma calls for baseball-sized hail, damaging winds and possibly tornadoes. Two tornadoes damaged homes and rail cars in North Platte, Neb., on Sunday. (AP)

Burger Chain Battle: Wendy's has dethroned Burger King as the country's second biggest hamburger chain after McDonald's. Wendy's edged out Burger King in U.S. sales volume for the first time last year since Wendy's was founded in 1969, according to a report by the food industry research firm Technomic Inc. Wendy's had sales of $8.5 billion in 2011, compared with $8.4 billion for Burger King. McDonald's reported $34.2 billion in sales. (AP)

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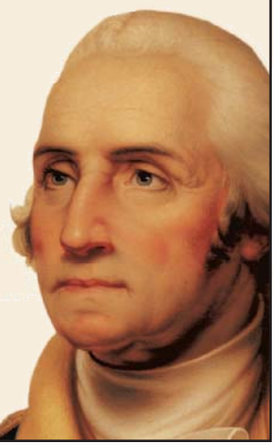

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Nation

Apple to Pay Dividend

Decision represents a significant shift by Jobs' successor

San Francisco

What Would Steve Have Done?

It's a question that Apple CEO Tim Cook can't escape. From the naming of the new iPad to his choice of clothing at public events, company-watchers parse Cook's every move, looking for differences between him and the company's revered founder Steve Jobs.

But Cook seems determined to stamp his own legacy on the world's most valuable company. In the biggest break from Jobs' philosophy since Cook succeeded him as CEO seven months ago, Apple is dipping into its nearly $100 billion cash stash to start paying a quarterly dividend of $2.65 per share to its stockholders.

A New Era

With Tim Cook in charge, Apple is now ready to herald a new era and dole out about $10 billion in dividends each year. It's an amount that Apple can easily afford, given the size of its current bank account and the billions more pouring in amid feverish demand for its iPhones, iPads and iPods. Apple's board had been discussing a possible dividend since at least January, based on what Cook has publicly told analysts and Apple shareholders. (AP)

The commitment announced Monday draws a clear line of demarcation between Cook and Jobs.

"This is indicative of the changing of the guard at Apple," says ISI Group analyst Brian Marshall. "This clearly shows Tim Cook is his own man."

Jobs hoarded cash like a man afraid of running out of it. Plagued by memories of Apple's flirtation with bankruptcy in the late 1990s, he steadfastly resisted calls for the company to pay a dividend.

The company's stock price has soared 60 percent since Cook became CEO to propel Apple's market value to $560 billion — the most in the world. The shares hit a new high Monday before closing at $601.10, up $15.53. In Apple's first quarter following Jobs' death, the company generated more revenue than any other three-month period in its 36-year history.

MICHAEL LIEDTKE (AP)

City Councilors Denounce NYPD

RICHARD DREW/AP

NEW YORK CITY COUNCIL MEMBERS Jumaane Williams, second left, and Ydanis Rodriguez, center, join Occupy Wall Street protesters Monday Zuccotti Park to denounce what they say is the NYPD's excessive use of force against demonstrators. Police arrested 73 Occupy activists on Saturday.

Students Rally For Shot Teen

Orlando, Fla.

College held rallies on the campus of Florida A&M University in Tallahassee and outside the Seminole County Criminal Justice Center on Monday to demand the arrest of a white neighborhood watch captain who fatally shot an unarmed black teen last month.

Authorities are reviewing the case, though they may be hamstrung by a state law that allows people to defend themselves with deadly force.

Officials say 28-year-old George Zimmerman shot 17-year-old Trayvon Martin last month in Sanford. Zimmerman has claimed self-defense. (AP)

64 **The number of bison** that were transferred from Yellowstone National Park to Montana's Fort Peck Reservation on Monday under an initiative to repopulate parts of the West with the iconic, genetically pure animals, a tribal official said. (AP)

Nation

Romney Puts Focus on Obama

GOP front-runner targets president in speech on economy

Springfield, Ill.

An increasingly confident Mitt Romney called President Obama an "economic lightweight" Monday as the Republican presidential candidate looked beyond Tuesday's Illinois primary to a general election showdown with the incumbent Democrat.

Romney's chief rival — Rick Santorum — kept the focus on the GOP front-runner, arguing that nominating Romney would deprive the party of a defining issue to use against Obama in the November election — health care. "Obamacare," Santorum said, was based on "Romneycare," Massachusetts' 2006 health care law.

CHIP SOMODEVILLA/GETTY IMAGES

Mitt Romney speaks Monday during a campaign stop in Springfield, Ill. The former venture capitalist suggested the economy improved in spite of President Obama.

Courting voters in Obama's home state, Romney acknowledged during a morning campaign stop at Charlie Parker's Diner in Springfield that the economy was moving in the right direction as hundreds of thousands of jobs have been created, the unemployment rate has dropped and consumer confidence has jumped. Romney suggested it was in spite of the president.

"The economy always comes back after a recession of course," said Romney, previewing what could be a general election argument.

The former venture capitalist said he's better equipped to steer the economy: "There are dramatic differences between me and President Obama. I'm not an economic lightweight. President Obama is."

STEVE PEOPLES (AP)

Campaign 2012

Delegate Race

Mitt Romney extended his delegate lead Sunday in Puerto Rico, where scored all 20 of the Caribbean island's delegates. Romney has collected 521 delegates, compared to Rick Santorum's 253, Newt Gingrich's 136 and Ron Paul's 50, according to a count by the Associated Press. (AP)

Panel: Problem Schools Erode U.S. Security

Washington

The nation's security and economic prosperity is at risk if America's schools don't improve, warns a task force led by former Secretary of State Condoleezza Rice and Joel Klein, the former chancellor of New York City's school system.

The report, to be released Tuesday, cautions that far too many schools fail to adequately prepare students and that the State Department and U.S. intelligence agencies face critical shortfalls in the number of foreign language speakers.

The task force, consisting of 30 members with education and foreign affairs backgrounds, was organized by the Council on Foreign Relations, a New York-based research and policy organization focused on international issues. (AP)

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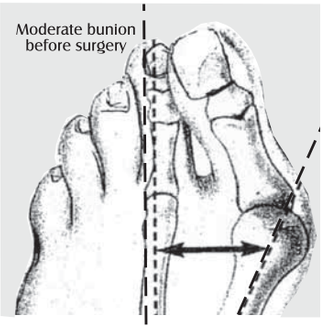

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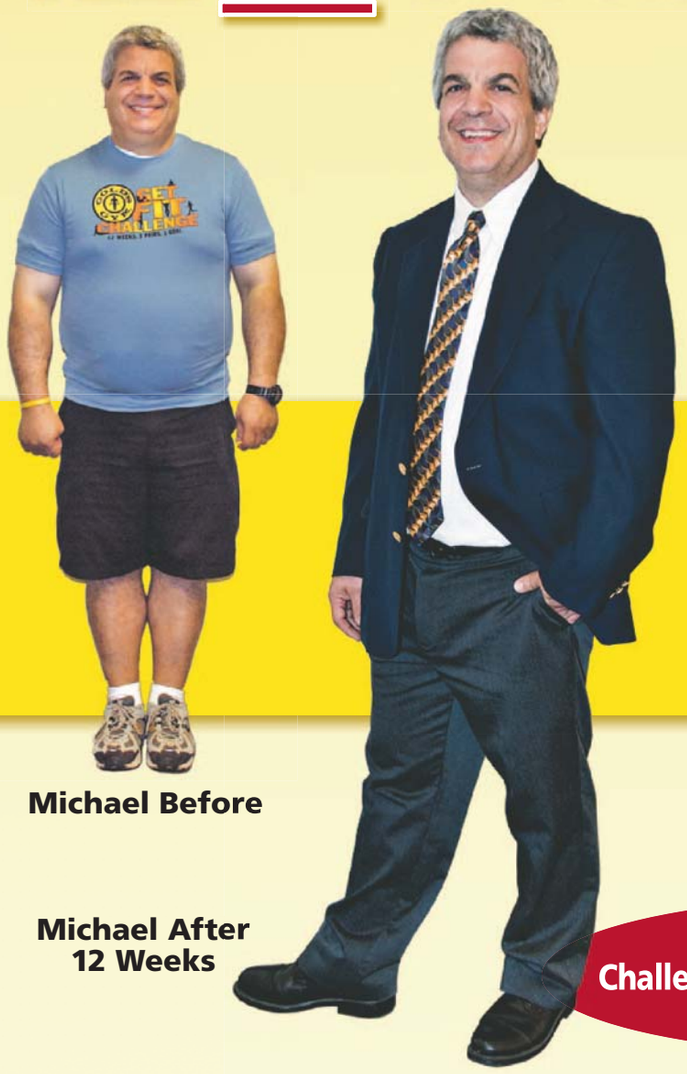

Michael Before

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World

Einstein's Life to Hit Web

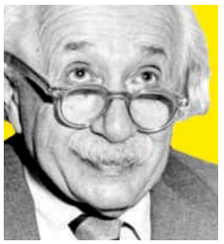
From research to love letters, archive offers insight into scientist

Jerusalem

Albert Einstein's complete archives — including personal correspondence with half a dozen lovers and notebooks scribbled with groundbreaking scientific research — are going online for the first time.

The Hebrew University of Jerusalem, which owns the German Jewish physicist's papers, is pulling never-before-seen items from its climate-controlled safe, photographing them in high resolution and posting them on the Internet — offering the public a nuanced and fuller portrait of the man behind the scientific genius.

Only 900 manuscript images, and an incomplete catalog listing just half of the archive's contents, had been posted online since 2003.



Inside the Archive

The Einstein collection includes 14 notebooks filled with research notes in small cursive handwriting, letters to contemporaries on his physics research, and a handwritten explanation of his theory of relativity and its summarizing equation $E=MC^2$. It also includes a postcard to his ailing mother and fan mail about his wild hairdo. The curator said the The Hebrew University would also publish a copy of Einstein's grades as a student, hoping it would dispel a popular myth that Einstein did poorly in school. (AP)

Now, with a grant from the Polonsky Foundation UK, which previously helped digitize Isaac Newton's papers, all 80,000 items from the Einstein collection have been cataloged and enhanced with cross-referencing technology.

The updated web portal, unveiled Monday, features the full inventory of the Einstein archives, publicizing for the first time the entirety of what's inside the collection and giving scholars a chance to request access to items they previously never knew existed.

Einstein, whose theory of relativity revolutionized science, was one of the founders of the university. He contributed the original manuscript of his famed theory to the university when it was founded in 1925, four years after he was awarded the Nobel Prize in physics. He bequeathed the rest of his papers — and the rights to his image — to the university upon his death in 1955. (AP)

Maldives Parliament Opens Amid Protests

SINAN HUSSAIN/AP

A supporter of former President Mohamed Nasheed throws a stone toward policemen Monday during a protest in Male, Maldives. New President Mohammed Waheed Hassan addressed Parliament Monday, six weeks after taking office in a contentious power transfer that Nasheed alleges amounted to a coup.

Tunisia Decries Mosque Attacks

Tunis, Tunisia

Tunisia's government on Monday condemned the recent desecration of the Muslim holy book and attacks on mosques as attempts to sow discord in society.

On Thursday in the town of Ben Guerdane near the Libyan border, two mosques were vandalized and Korans inside damaged. On Friday a Star of David, a symbol of Judaism, was spray painted on the al-Fath mosque in the capital, Tunis.

The identities of the perpetrators are unknown, but the attacks came at a time of heightened tensions between religious and secular elements in society. (AP)

$875M **The amount spent** on a renovation of King's Cross Station, the London train terminal made famous by J.K. Rowling's "Harry Potter" series. The makeover's results were revealed Monday. (AP)

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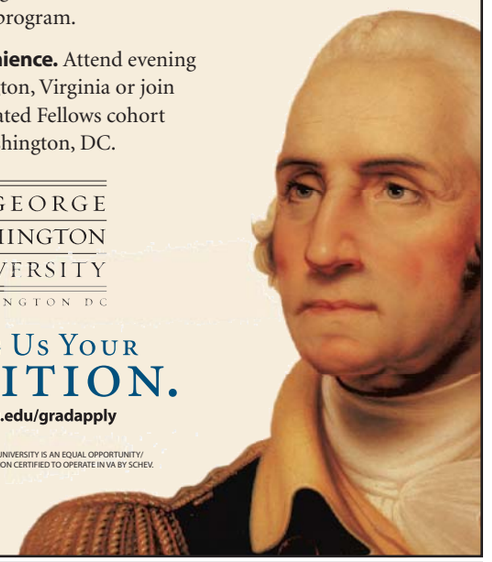

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World

SANA/AP

Damaged apartments are seen Monday after rebel clashes in Damascus, Syria.

Gun Battles Rage In Syrian Capital

At least 3 people die after troops, rebels clash in upscale area

Beirut

Syrian rebels battled regime forces Monday in a heavily protected, upscale area of Damascus, activists said, in a sign that the country's outgunned opposition is increasingly turning to insurgent tactics.

At least three were killed in the firefight, which was the most serious clash in the Syrian capital since the uprising began a year ago. The battle with machine guns and automatic rifles brought the country's violent conflict to the streets of a neighborhood that houses embassies and senior government officials.

The Britain-based Syrian Observatory for Human Rights, which has a network of activists throughout the country, said 18 government troops were wounded in the fighting and two later were believed to have died.

Rami Abdul-Rahman, who heads the Observatory, described the clash "as the most violent of its kind and closest to security centers in Damascus since the revolution began." BASSEM MROUE (AP)

Meanwhile ...

Russia said Monday that Syria's government and rebels should halt their fighting once a day to give the Red Cross access to the wounded and that jailed protesters should be allowed to have visitors. The call from Russia, an important ally of Syria's, came after its officials met with the International Committee of the Red Cross, which had urged Moscow to take such a stand. (AP)

Hearsay

"Regarding the peaceful purpose of the satellite launching, if others are practicing double standards ... we will be forced to react to it."

— **SENIOR NORTH KOREAN NUCLEAR NEGOTIATOR RI YONG HO,** REITERATING MONDAY HIS GOVERNMENT'S POSITION ON A PLANNED LONG-RANGE ROCKET LAUNCH.

DC Rider

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Metro Unveils Its New System Map

New station names and service changes reflected in update

Washington

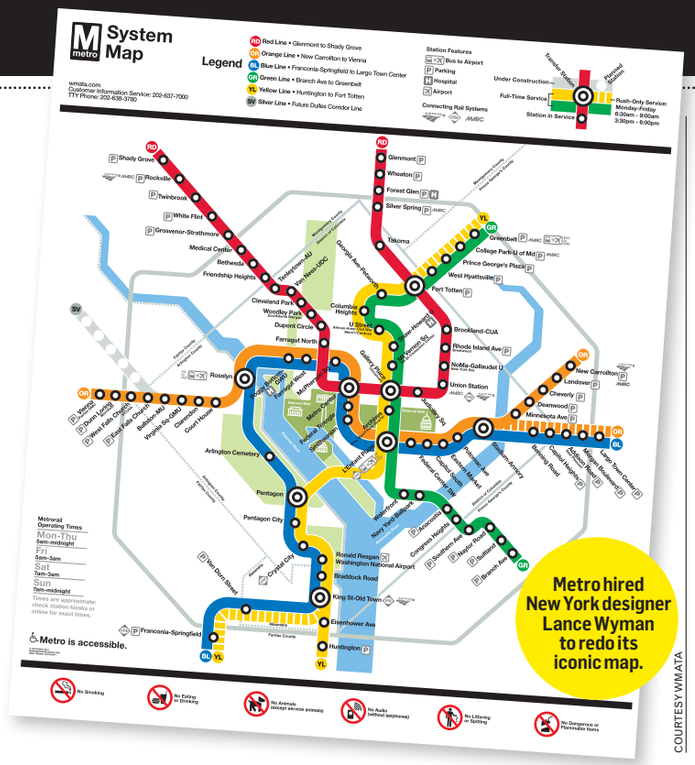
Metro's new map made its debut Monday with a few new station names and details showing how the split of the Blue Line will work, starting this summer.

The transit agency hired New York designer Lance Wyman, who led the effort to make the original Metro map, to redo its iconic map.

Metro's board spent many of its meetings this past fall debating name changes for stations.

The board adopted a policy to have a primary, shorter, more recognizable name on the first line with a smaller, secondary name below.

The changes to the Blue Line, which Metro is calling "Rush+," will start June 18. Seventeen stations will see more frequent service with six additional trains every hour during rush hours, Metro officials said. The service changes will help make way for the new Silver Line. (THE WASHINGTON POST)



COURTESY WMATA

Man Struck, Killed by Train On Red Line, Metro Says

Transportation

A man was struck and killed by a Red Line train Monday morning, according to Metro chief spokesman Dan Stessel.

Stessel said Metro believes the man intentionally jumped in front of the train at the White Flint station shortly after 10 a.m.

Trains single-tracked for about 2½ hours between Grosvenor and Twinbrook stations. It was the second reported suicide on the Metro system this month. (THE WASHINGTON POST)

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National Institute on Alcohol Abuse and Alcoholism

Local

In Brief

Mary Ayers-Zander was sentenced to 30 months in prison for a fraud scheme.

WASHINGTON

Ex-D.C. Tax Office Worker Gets 30 Months for Theft

A former employee of the D.C. Office of Tax and Revenue has been sentenced to 30 months in prison Monday after she pleaded guilty to stealing more than $400,000 in city money. Mary Ayers-Zander of College Park, Md., was sentenced Monday in federal court in Washington. As part of her plea agreement, she will also have to pay back the money she stole. (AP)

UPPER MARLBORO, MD.

School Buses Involved In Pr. George's Accident

Three school buses were involved in an accident in the Upper Marlboro area of Prince George's County Monday afternoon, and about 26 students were taken to the hospital for treatment of minor injuries, authorities said. The accident occurred about 3:45 p.m. in the 7600 block of Croom Road as buses were departing Frederick Douglass High School, according to a Prince George's County fire department spokesman. (TWP)

RICHMOND, VA.

Va. Gets 'F' in Corruption Risk-Assessment Probe

Virginia is at high risk for government corruption and political self-dealing, according to a report released Monday. The State Integrity Investigation, which assessed government accountability and efforts to deter corruption, ranked Virginia 47th nationally and gave it an overall grade of "F." The nonpartisan Center for Public Integrity, Public Radio International and the nonprofit group Global Integrity conducted the assessment over several months. (AP)

Ex-Metro Workers Admit to Stealing

Two men plead guilty in scheme to take $445K in fare funds

Alexandria, Va.

Haile

McDade

Two fired Metro employees who were accused of stealing $445,000 in cash from fare machines pleaded guilty Monday in U.S. District Court.

Horace Dexter McDade of Bowie, Md., a revenue technician, and John Vincent Haile of Woodbridge, Va., a Metro Transit Police officer, stole money from fare machines and hid it in a spot near the Capital Beltway. They would collect the bags of coins and bills when their shifts were done. According to court documents, Haile would use bags of stolen money to buy lottery tickets.

The two men were arrested in January. On Monday they appeared before Judge Leonie M. Brinkema in the Eastern District of Virginia.

McDade and Haile both agreed to waive indictment and plead guilty to two counts: theft concerning federal funds and conspiracy to commit money laundering. They each face up to 30 years in prison, potential fines of $750,000 and restitution.

Prosecutors said the thefts had been occurring since at least 2010. The pair systematically worked stations on Metro's rail lines in the District, Maryland and Virginia, according to officials involved in the case. (THE WASHINGTON POST)

Festival Set to Get Underway

CHARLES DHARAPAK/AP

CHERRY BLOSSOMS BEGIN TO BLOOM at the Martin Luther King Jr. National Memorial on the Tidal Basin on Monday. The National Cherry Blossom Festival began Monday and runs until April 27 on the National Mall in the District.

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Local

Report: D.C. Misled EPA

Water agency's report on lead levels was incorrect, official says

Washington

A report by the District of Columbia's inspector general says the city's water agency "intentionally misled" the Environmental Protection Agency about the way it tested for lead in its drinking water between 2001 and 2003.

The District had elevated lead levels in its water during the early 2000s, a spike that was blamed on a new chemical used during the treatment process. Lead levels went back down after the city added another chemical to control corrosion.

GERALD MARTINEAU/TWP

George S. Hawkins of D.C. Water speaks about lead-contaminated water in 2010.

The inspector general's report says the D.C. Water and Sewer Authority stopped testing for lead in parts of the District that were known to have high levels in order to meet EPA goals. It also says the agency misled the EPA about its testing methodology.

The Washington Examiner was first to report the findings. (AP)

Early Primary Voting Under Way

Washington

Still two weeks before the D.C. primary elections, right? Wrong. Early voting is under way at One Judiciary Square, 441 Fourth St. NW.

If you're in the vicinity or want to take a leisurely lunch break, now might be a good time to hop on the Red Line and go vote for president, delegate to Congress, D.C. Council members and shadow senator. Board of Elections and Ethics spokeswoman Alysoun McLaughlin said that as of 12:30 p.m., Monday 54 people had voted — in other words, there's no line.

If you're looking for a more convenient location, early voting expands next Saturday to seven additional locations in the city. With the exception of the following Sunday, all locations will be open daily after that until Saturday, March 31. Any city voter can vote at any of the locations.

COURTESY D.C. BOARD OF ELECTIONS AND ETHICS

An early primary voting location opened Monday at One Judiciary Square in NW.

The high-water mark for D.C. presidential primary turnout was 1984, when 112,000 Democratic voters — nearly 50 percent of the rolls — turned out to give Jesse Jackson a landslide victory over Sen. Gary Hart, Colo., and eventual nominee Walter Mondale.

This year, elections officials are hoping for a high turnout, citing both the newly combined local and national primaries and the expansion of early voting. "We do think the ward early voting sites are going to be popular," McLaughlin said. (THE WASHINGTON POST)

The Lotteries

Monday, March 19

District

Mid-day Lucky Numbers	3-1-1
Evening Lucky Numbers (Sun.)	8-2-1
Mid-day DC 4	7-2-0-7
Evening DC 4 (Sun.)	6-9-8-1
Mid-day D.C. Five	1-8-2-1-6
Evening D.C. Five (Sun.)	5-8-3-5-5

Virginia

Mid-day Pick 3	8-0-4
Evening Pick 3 (Sun.)	9-0-2
Mid-day Pick 4	7-7-7-9
Evening Pick 4 (Sun.)	4-4-3-2
Mid-day Cash 5 (Sun.)	7-11-22-29-30
Evening Cash 5 (Sun.)	4-5-11-22-26

Maryland

Mid-day Pick 3	3-7-8
Evening Pick 3 (Sun.)	1-3-9
Mid-day Pick 4	6-0-3-6
Evening Pick 4 (Sun.)	4-3-5-2
Match 5 (Sun.)	2-13-14-31-34 (25)

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Then Colts QB Peyton Manning shakes hands with Tim Tebow before a game in 2010 at Mile High Stadium.

GREG TROTT/AP

Rocky Mountain 'Hi'

Manning is heading to Denver to begin his post-Colts career

Pro Football

Peyton Manning wants to play for the Denver Broncos in Act II of his outstanding career.

A person with knowledge of the discussions said the NFL's only four-time MVP, and the year's most sought-after free agent, called Broncos executive John Elway on Monday morning and told him he had decided to go to Denver.

Another person briefed on negotiations said Manning also called Tennessee Titans owner Bud Adams and told him that he had chosen the Broncos. Both people spoke on condition of anonymity because they were not authorized to talk publicly about teams' efforts to lure Manning.

Adams released a statement Monday confirming the Titans were out of the running and later told The Tennessean: "He called me himself and told me he wasn't coming, that he made his mind up to go with Denver."

Besides the Titans, the San Francisco 49ers also had been a finalist in the chase for Manning.

ESPN first reported that the record-setting quarterback instructed his agent to negotiate the details of a deal with the Broncos, less than two weeks after he became a free agent when the Indianapolis Colts released him.

Manning sat out all of 2011 because of multiple neck surgeries, but his success in the past has made him this offseason's top potential signing.

He was wooed to Denver by Hall of Fame quarterback Elway, who led the Broncos to two Super Bowl championships and now serves as their vice president of football operations. Elway never sounded all that convinced Tim Tebow was the right answer at the sport's most important position and now could trade him, even though the popular QB energized the Broncos in leading them to the playoffs last season despite some erratic play.

Manning was cut loose March 7 by the Colts so they could avoid paying him a $28 million contract bonus. The move marked the end of an era, a 14-year alliance between the team that drafted Manning No. 1 overall and the QB who brought Indianapolis from football irrelevance to the 2007 Super Bowl title and a second appearance in the NFL championship game three years later.

Denver, meanwhile, could try to give Manning some new targets, because they still have millions of dollars in salary-cap space available. The Broncos did not exactly have a wealth of wideouts last season, other than Demaryius Thomas, and they lost Eddie Royal to the San Diego Chargers as a free agent. (AP)

$90M

The total amount the contract Peyton Manning signed last year with the Colts, who released him this month. He's expected to get a similar deal in Denver. (EXPRESS)

"I think he made a great decision. Hopefully we can prove him right ... and we can win a lot of games here."

— **BRONCOS DEFENSIVE END ROBERT AYERS,** WHO IS EXCITED THAT PEYTON MANNING HAS DECIDED TO PLAY FOR DENVER AFTER BEING RELEASED BY THE COLTS.

Football Fallout: What It Means

Peyton Manning's decision will have a major impact on Denver, but also on another star QB and two other teams:

For Tim Tebow

Only months after the former Heisman Trophy winner was the focus of the NFL regular season and perhaps the most talked-about athlete in sports, he may be the biggest domino to fall after Peyton decided to play for the Broncos. ESPN is reporting that Denver will try to trade Tebow, and if it can't, the team will release him. The network says the quarterback — who is far from a classic dropback passer — may not bring back much in a trade despite winning a playoff game in January.

For the 49ers

San Francisco could decide to keep its own free-agent QB, Alex Smith, who went to Miami for a visit with the Dolphins after the 49ers' flirtation with Manning became public. If Smith does go back to the Niners, perhaps Miami will look to trade for Tebow, who played in college at the University Florid.a

For the Titans

The Titans will probably will stick with grooming Jake Locker, who was a first-round draft pick a year ago, after missing on Manning, Tennessee also has veteran Matt Hasselbeck available to start until the the youngster is ready to take over the duties for good. (AP)

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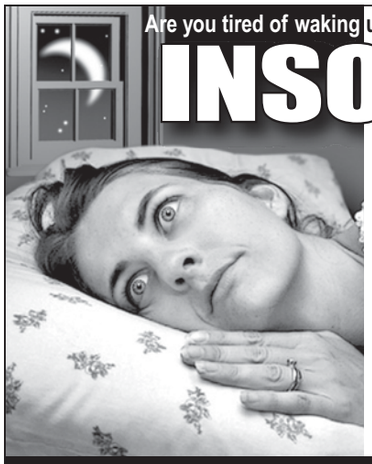

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Gordon Raphael, MD

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Sports

A Second Chance For Stars to Shine

Hoyas, Jackets meet after top performers were quiet in openers

Hoyas Women's Hoops

Georgetown and Georgia Tech proved they can win in the women's NCAA Tournament without big games from their stars. Now that they're facing each other, they'd like for their top scorers to get going again.

The fourth-seeded Yellow Jackets (25-8) play fifth-seeded Georgetown (23-8) on Tuesday in the second round of the Des Moines Regional.

Said Hoyas standout guard Sugar Rodgers: "I don't have to score 20 and 30 points a game for us to win."

7:10 P.M.
Monday | ESPN2

No, but it sure helps. Both teams' best players were oddly quiet — by their standards — in the first round. Rodgers finished with 11 points in a 61-56 win over Fresno State. Not bad, but consider this: The only team since November to hold her to fewer points was No. 1 seed Connecticut.

"Usually, we win by a lot if I score 20," Rodgers said Monday. "But a win is a win, [whether] you win by 30 or you win by one."

JIM R. BOUNDS/AP

Georgetown's Sugar Rodgers scored 11 points Sunday versus Fresno State.

washingtonpost.com

The Maryland-Louisville game in the NCAA Women's Tournament ended after deadline Monday. For results | **washingtonpost.com/sports**

Meanwhile, Tyaunna Marshall gave Georgia Tech even less.

She managed a season-low two points on 1-of-7 shooting in a 76-50 rout of Sacred Heart. Coach MaChelle Joseph indicated afterward that Marshall might have been too content to sit back and watch freshman Sydney Wallace put up a season-high 28 points.

"We don't even pay attention to [the fact that] she didn't play well yesterday," Georgetown coach Terri Williams-Flournoy said. "Sugar Rodgers didn't play well yesterday. So just as MaChelle is hoping that Ty doesn't play like she did yesterday, we're hoping that Sugar doesn't play like she played yesterday." (AP)

TV Lineup

WOMEN'S COLLEGE HOOPS (7 P.M., 9:30 P.M., ESPN2) Georgetown plays Georgia Tech as part of the early games in the second round of the NCAA Tournament.

NIT HOOPS (7 P.M., 9 P.M., ESPN) Drexel hosts Massachusetts and Washington takes on Oregon in the quarterfinals of the NIT.

BASEBALL (1 P.M., ESPN) The Detroit Tigers play the Atlanta Braves in an exhibition game in Lakeland, Fla.

PRO HOCKEY (8 P.M., 10:30 P.M., NBCSN) The Dallas Stars host the Phoenix Coyotes and the Los Angeles Kings play the San Jose Sharks.

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Sports

Ex-Redskin Landry Lands With the Jets

The Redskins

All signs have pointed to a departure from the Redskins for safety LaRon Landry, and now he has made that official, agreeing to terms with the New York Jets on a one-year deal worth $4 million, two people with knowledge of the situation said Monday.

The five-year veteran visited the New England Patriots and the Jets, and was receiving strong interest from the Philadelphia Eagles, according to a source close to the player. But Landry ultimately decided to join Rex Ryan, who coached Landry's brother, Dawan, in Baltimore when Ryan was the defensive coordinator for the Ravens.

Landry had hoped to work out a deal with the Redskins — who drafted him sixth overall out of LSU in 2007. But the Redskins were hesitant to make a significant investment to Landry after he ended the last two years on injured reserve, hobbled by an injured Achilles' tendon.

During the past two offseasons, Landry chose not to have surgery on the Achilles, as team doctors and noted foot specialist Robert Anderson both suggested, but instead received alternative medicine treatments.

Landry was confident that he could make a full recovery without surgery, and was disappointed that Washington didn't actively pursue a new deal with him this offseason. The safety wasn't entirely surprised, however, saying at various points during the season that he believed if the Redskins wanted to keep him beyond 2011, they would have discussed an extension. (THE WASHINGTON POST)

Cabrera's Tough Day at the Office

DAVID M WARREN/THE PHILADELPHIA INQUIRER/AP

THE DETROIT TIGERS' MIGUEL CABRERA, left, is checked by teammates after getting hit in the face with a hard grounder during an exhibition game against the Philadelphia Phillies in Clearwater, Fla., on Monday.

UNC Star Has Wrist Surgery

Men's College Hoops

The father of North Carolina point guard Kendall Marshall said Monday his son is recovering from surgery on his broken right wrist and it's unclear if he'll return for the NCAA regional games in St. Louis.

Dennis Marshall said the procedure done in Chapel Hill, N.C., to insert a screw into his son's wrist lasted about 35 minutes. He said when Kendall plays again would be based on "what would be best for Kendall in the long term" and that he didn't know whether the sophomore would be ready to play in the round of 16 against Ohio on Friday. (AP)

A Fall Classic? Former St. Louis Cardinals manager Tony La Russa, who retired after winning the 2011 World Series, is ready to look back on his amazing career. William Morrow announced Monday that "One Last Strike: Fifty Years in Baseball, Ten and a Half Games Back, and One Final Championship Season," is scheduled to come out this fall. The book will be co-written by Rick Hummel, a longtime reporter for the St. Louis Post-Dispatch. (AP)

FOX

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Ed.U

GUIDE TO BUSINESS & GRADUATE EDUCATION

Universities Are Offering New MBA Alternatives, Plus a Wealth of Opportunities to Personalize Students' MBA Studies

Mario Morken, 28, holds a full-time job in the laboratory of National Institutes of Health Director Francis Collins in Bethesda. The focus of his research: the genetics involved in type 2 (or adult-onset) diabetes. Two evenings a week, Morken drives from work to Johns Hopkins University's Montgomery County campus in Rockville for evening classes that marry biology and business.

Morken is enrolled in a program that simultaneously offers a master of science in biotechnology from the university's Zanvyl Krieger School of Arts and Sciences and an MBA from the Johns Hopkins Carey Business School. The dual-degree program is a response to the rapid growth of biotechnology and student interest in developing a better understanding of both the science and the business sides of the industry.

"This is a field where you need a good business mind but you also need to understand how science works at the molecular level in order to make wise decisions for your company," Morken said.

The MBA degree, developed in the early 20th century as a response to rapid industrialization and the interest of businesses in more sophisticated approaches to management, has undergone many changes over the decades. In addition to the traditional two-year residential program, students can now enroll in accelerated MBAs (see sidebar, page 5), part-time and online MBAs, and executive MBAs for senior-level professionals.

But one of the most important changes taking place in MBA programs across the country today is that students like Mario Morken increasingly are able to custom-tailor their MBA studies to meet their specific career interests and needs.

Continued on page 6.

Enrollment Trends

Still Going Strong

Interest in graduate education remains high despite a slight drop in enrollment. Among the hot fields: health and security. **PAGE 3**

Photo courtesy of Virginia Tech

MBA Notes

B-School Bulletins

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An improv class teaches students to think on their feet …
Is a fast-track MBA for you? **PAGE 5**

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– Lawrence Ward, Associate Dean, Kogod School of Business, American University

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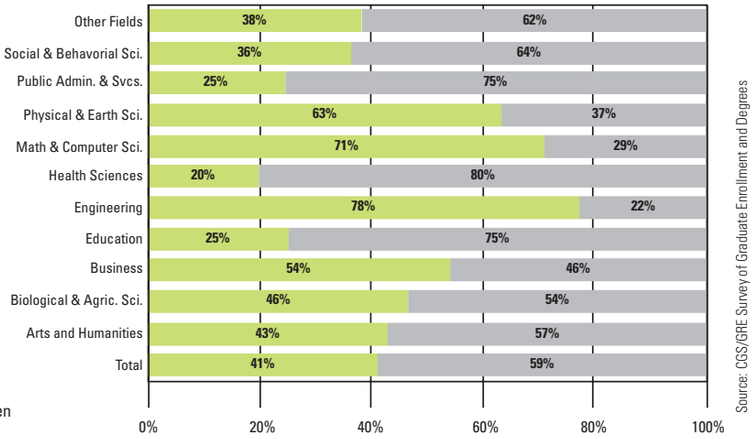
1.75 MILLION STUDENTS Can't Be Wrong

Long-Term Growth in Graduate School Applications and Enrollments Continues as Programs Retool to Meet Changing Student Interests

Monica Vaccariello has served in the U.S. Marines for nearly 12 years. She was deployed to Iraq as a supply and logistics officer in 2007 and 2008 and currently works in federal contracting at Marine Corps Base Quantico in Virginia. Shortly after she was assigned to the Quantico job, Vaccariello, 33, decided to take advantage of a relatively settled time in her military career and pursue an advanced degree.

Women are the majority of graduate students in most fields.

Total Graduate Enrollment by Broad Field and Gender, Fall 2010



Source: CGS/GRE Survey of Graduate Enrollment and Degrees

She attends evening classes at Catholic University in Washington and is working toward a master of science in management, with a focus on federal acquisition and contract management. "Employers want people with high-level skills and training, and I want to get the education I need to succeed in this field," Vaccariello said.

Vaccariello, who plans to resign from the Marines and pursue civilian jobs in federal contracting, is not alone in viewing her forthcoming graduate degree as a ticket to a secure and successful career.

According to the latest data from the Council of Graduate Schools (CGS), nearly 1.75 million students were enrolled in graduate programs at U.S. schools in fall 2010. While the council's research showed a slight decline in enrollment of new students between 2009 and 2010, the longer-term trend is up. Between 2000 and 2010, first-time graduate enrollment grew by an average of 3.8 percent per year, with applications growing at an even faster pace.

"Applications are still very strong, and there is still a high level of interest in graduate programs," said Nathan Bell, director of research and policy analysis with CGS.

Randi Reich Cosentino, provost of Strayer University, which combines online programs for working adults with daytime, evening and weekend classes on more than 90 campuses in 23 states and the District of Columbia, agreed. "There are times when it ebbs and flows, but overall demand for graduate education is very solid. Now more than ever, people understand the value of an advanced degree as the added credential they need to stand out in a tough job market," she said.

Health Care Among the Hot Fields

Of course, the ebb and flow of enrollments in graduate programs depends largely on the types of degrees that universities offer to students. An informal survey of graduate programs turns up two fields that are piquing the interest of significant numbers of students and university officials. The first is health care, which is attracting a growing number of students seeking degrees in health administration and health information systems.

"One of the biggest challenges for health care today is balancing increasing demands of patients, families, government agencies and health insurance organizations for improvements in the quality of care with limited resources," said Dennis G. Shea, professor and head of Penn State's Department of Health Policy and Administration.

In an effort to provide more current and future health care leaders with the skills to meet this challenge, Penn State is taking its master of health administration program online starting in fall 2012.

Continued on page 4.

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Enrollment Trends

Continued from page 3.

Another institution that has been adding and expanding health care-related graduate programs is Marymount University in Arlington. "We're seeing a lot of people wanting to get into this profession, even if they haven't worked in the health care field in the past," said James F. Ryerson, dean of Marymount's School of Business Administration.

Among those people is Nisha Goel, 26, who recently completed a new dual-degree program at Marymount in which students earn a master of science in health care management and a master of science in information technology. Goel, who grew up in the D.C. region, received a bachelor's degree in psychology at the University of Maryland College Park and soon began working in medical billing for private health care practices. She kept working while studying for her master's degrees, advancing to become a revenue analyst at Holy Cross Hospital in Silver Spring.

Goel said her studies at Marymount, which included evening and summer courses as well as a weeklong study-abroad program in Prague, were "fantastic preparation" for a career in which she hopes to work with health care institutions to tap the power of information technology to improve efficiency. "The health care IT field is booming, and with health care reform and everything else that's going on, there will be huge demand for people who can help facilities make the best use of the latest software and technology," she said.

Security Another Strong Focus

In addition to health care, security is a field of interest for growing numbers of graduate students. In a world in which national security has been redefined to include a wide range of threats — from global terrorism and climate change to the international spread of disease to cyberwarfare and global crime and corruption — universities report increasing interest and enrollments in security-related programs.

"It used to be that security meant protecting yourself from violence, but now you have to think about the economy, the environment and more," said Edward Rhodes, dean of the George Mason University School of Public Policy.

Of the 400 or so students enrolled in Mason's Arlington-based master of public policy program, Rhodes estimated that half have expressed interest in national security, which students can choose as an "area of emphasis." Mason also offers a new graduate program in peace operations, which Rhodes said is the only master's degree of its kind in the world.

Among the students in the peace operations program is Julie Birt, 46. After 20 years in the military, including 12 years overseas, Birt is currently taking classes at Mason on a part-time basis while working as a budget programmer with the Air Force. Her interest in the degree program stems from her service overseas, where she participated in several "Partnership for Peace" programs designed to enhance military-to-military cooperation among NATO allies. Her current job is focused on the financing of these types of military partnerships for the Air Force.

Birt said she has no immediate plans to change jobs, but she hopes to be able to apply her degree studies in a deeper way to the challenge of promoting peace and enhancing the security of the U.S. and its allies. "It sounds cliché, but I am interested in making the world a better place," she said.

Another university that has seen growing interest in its security-related graduate programs is the University of Maryland University College. Headquartered in Adelphi but with an extensive online presence and classroom locations throughout the D.C. region, UMUC launched a new graduate program in cybersecurity in the fall of 2010 — and applications immediately started flooding in.

"This has become a wildly popular program," said Marky Campbell, senior vice president of partnerships and alliances with UMUC.

Among the other schools with graduate programs in cybersecurity is the University of Virginia's School of Continuing and Professional Studies. The certificate in information security management is one of numerous certificate and degree programs that the U-Va. school offers in fields from e-marketing to human resource management.

Randall Sylvertooth, adjunct professor and lead advisor for U-Va.'s information security program, said students have included government employees and private contractors who want to help their organizations manage the full range of security threats. "Cyberspace is a scary world, and businesses and organizations will need people with the skills to keep their data safe," Sylvertooth said. ❑

NAME: Monica Vaccariello

AGE: 33

DEGREE: Working toward an MS in Management at Catholic University.

CAREER GOALS: After 12 years in the Marine Corps, including service in Iraq, Vaccariello hopes to pursue civilian jobs in federal contracting.

Photo courtesy of Angelica Perez

Snapshots

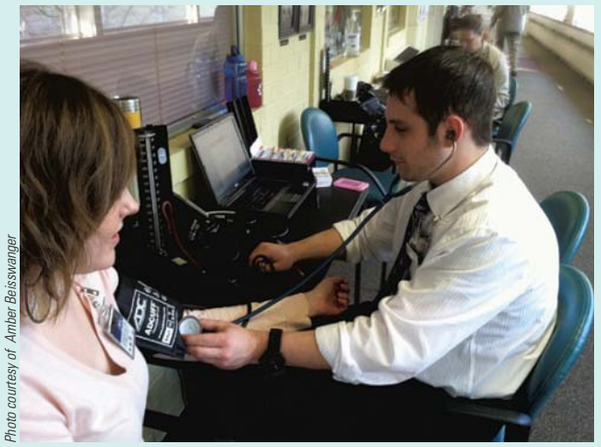
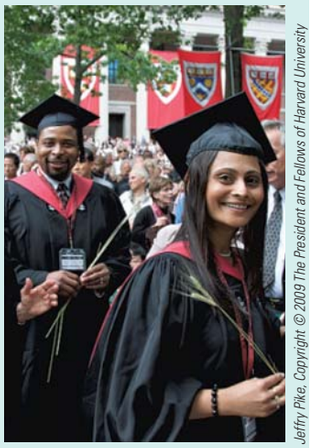


Photo courtesy of Amber Beisswanger



Jeffry Pike, Copyright © 2009 The President and Fellows of Harvard University

LEFT: Noah Greenburg, who is studying toward an MBA and PharmD at Virginia Commonwealth University, takes another student's blood pressure. He was preparing for for a weekly blood pressure clinic at a senior living facility where he is working as part of his Geriatrics rotation. RIGHT: Harvard University Extension School graduates enter Harvard Yard for Commencement Morning Exercises.

MBA Notes

Schoolnight at the Improv

The faculty at the University of Maryland's Robert H. Smith School of Business includes distinguished professors specializing in a wide range of core business disciplines. So what's acclaimed Broadway actor Marc Kudisch doing at the front of the class? The answer: he's helping students enhance their ability to think quickly and respond on their feet by teaching them the secrets of improvisational performance.

"Self-awareness is critical for success and we've been working on that with students in the Smith MBA program," said Jeff Kudisch, Marc's brother and executive director of the school's Office of Career Services.

The improv workshop, offered each fall, runs students through a series of theatrical exercises designed to build their self-confidence, listening skills and "adaptability in various environments," according to the Smith School Web site.

Is a Fast-Track MBA for You?

Traditionally, students wanting an MBA from a U.S. university had to be prepared for two years (or more) of classes, cases and homework. But over the last several years, many U.S. business schools have borrowed an idea long embraced by their European peers and created programs that enable students to cut in half the time it takes to get an MBA.

One of the latest additions to the growing assortment of one-year MBAs offered by U.S. schools comes from the University of Maryland University College. UMUC's One-Year MBA, which launched in the fall of 2011, is offered entirely online. The accelerated schedule includes eight five-week content courses in topics from management and marketing to finance, as well as three 11-week business practicum courses focused on applying the academic content to workplace situations.

Rosemary Hartigan, director of the UMUC program, said it offers the same core curriculum as UMUC's standard online MBA. But she admits it's not for everyone. "We don't make any bones about it. Students in this program have to be very self-disciplined and driven," she said, adding that the minimum commitment of time is 30 to 40 hours per week.

Loyola University of Maryland's Sellinger School of Business and Management has put its own unique twist on the accelerated MBA. Its 12-month Emerging Leaders MBA (ELMBA), launched in 2010, targets students with undergraduate degrees and limited work experience.

"We're doing this to reach a younger demographic who are highly qualified but who might not have the few years of direct work experience that are expected in many MBA programs," said Ann Attanasio, assistant dean for business programs at the Sellinger School.

Nima Nejad is one of the older students in the second ELMBA cohort. Nejad served in the Army for seven years after graduating from high school. He then attended Stevenson University in Maryland, where he received a bachelor's degree in business administration. He spent about a year looking for work with defense-related companies before deciding that he needed the added credential and skills that an MBA would provide.

"The job market is very tight right now, and I need this degree to set me apart," Nejad said, adding that the accelerated nature of the program was a key selling point.

Photo courtesy of Dave Scavone

Job Search Teams at Georgetown's McDonough School of Business provide a collaborative opportunity for students to share interviewing and application best practices.

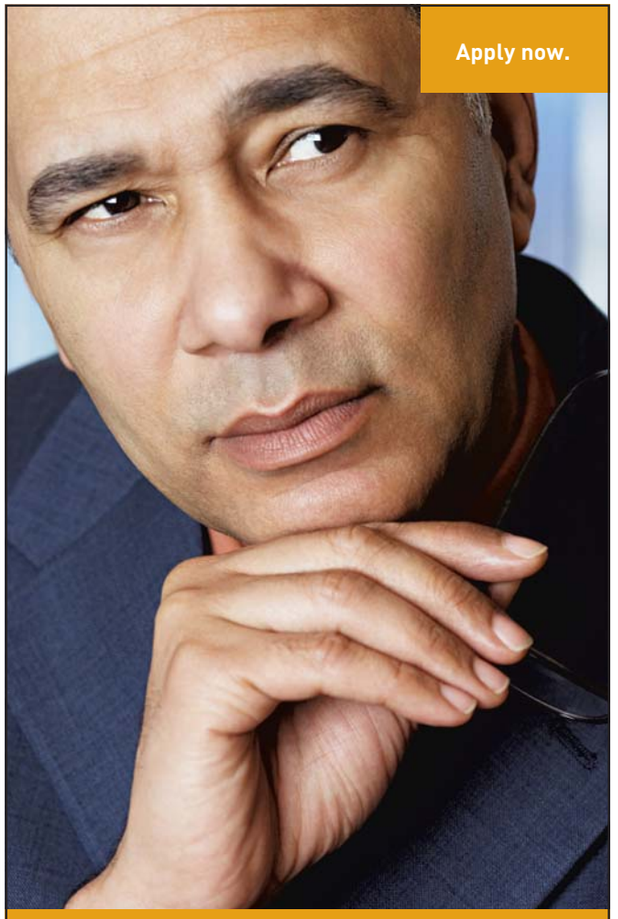
Job Search Teams a Team Effort

Students at Georgetown University's McDonough School of Business don't have to face a tough job market alone. Since 2011, they have been able to join "Job Search Teams" that provide an opportunity to share leads, ideas and frustrations with other students.

"This is what I call an isolation buster," said Patty Buchek, assistant dean of the MBA Career Curricula at the McDonough School. "It gives people a forum and a space to work with others who are looking for jobs in the same field."

Job search teams include up to 12 students and are focused on specific industry areas, from consulting and healthcare to investment banking and travel and tourism.

Michael Bannon, 29, is a second year MBA student at the McDonough School who participated in a job search team of students interested in careers in real estate. "It's a great place to go to bounce ideas off of others and brainstorm about the best strategies for finding jobs," he said.



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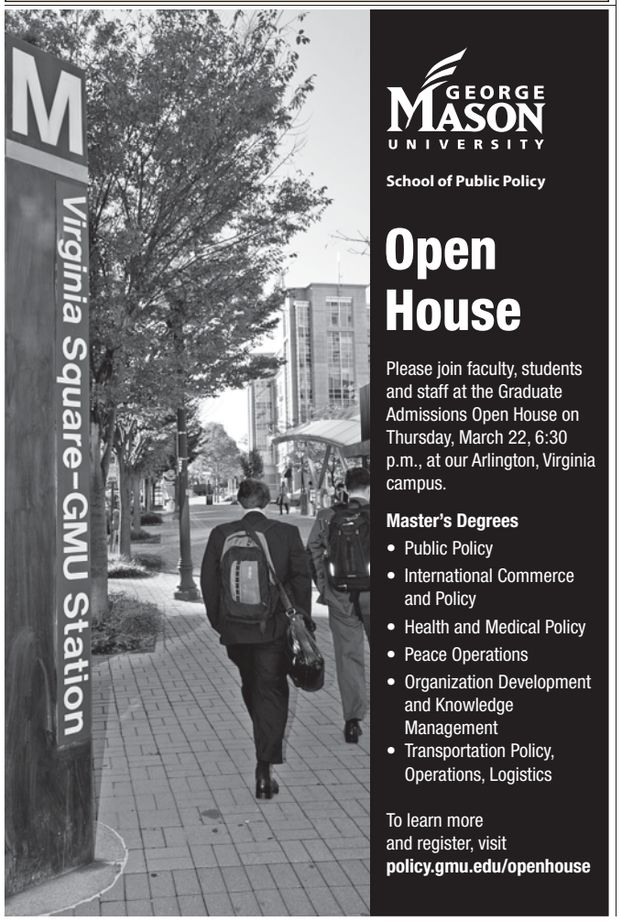

Personalized MBAs

Not Your Boss's MBA

Continued from cover.

MBA candidates still have to master core content in finance, marketing and other business subjects, but more and more universities are allowing students the freedom to combine their business studies with other degrees and coursework in other areas, or to specialize in a business discipline (such as human resources) that they want to focus on in their careers.

Lawrence Ward, associate dean of American University's Kogod School of Business, said he sees "a fundamental shift" under way in MBA education in the United States as students increasingly want to focus their studies on specific fields or skill areas. "It's not that what's taught in the classic MBA program is no longer relevant," he said. "Rather, this generation is looking for an edge so they can compete in the global economy, and they see increasing value in the ability to pursue a more specialized graduate business education."

Specialized Master's Degrees on the Rise

Ward's comments are backed up by data from the Graduate Management Admission Council. In its latest survey of application trends, the council noted that applications to full-time MBA programs have tapered off since 2009 while applications to part-time and online programs have held steady. An important growth area for business schools, according to the survey, is "specialized master's degrees" such as master of finance degrees and programs specializing in human resources, information technology, marketing and other areas.

Michael Schopp, 23, decided to pursue a master's degree in finance at the University of Maryland's Robert H. Smith School of Business after embarking on a job search during his senior year at Vanderbilt. A political science major with two business minors, he was applying for jobs in corporate finance and investing — but employers weren't biting.

"Getting the master's degree is going to give me a huge leg up," Schopp said, adding that the idea of pursuing an MBA is simply not in the cards right now. "I want to focus on finance, and a one-year program is much more attractive right now than a general business program that takes two or three years to complete."

According to Robert Krapfel, associate dean at the Smith School, Schopp is one of about 300 new students enrolled in its MS programs this year. In the past couple of years, applications to the Smith School's MS programs surpassed MBA applications for the first time. To meet the rising demand, the Smith School recently added two new MS programs — in supply chain management and information systems. They joined the school's programs in finance and accounting.

The competition for MS program spots at the Smith School has become intense because of a large number of applications from Asia, especially China, where an increasingly competitive job market is driving large numbers of students with bachelor's degrees to the United States to get an advanced degree in business. More than 90 percent of those enrolled in the Smith School's MS programs are international students, Krapfel said, compared to 40 percent of students in the full-time MBA program.

Bangdi Dai, who is originally from Beijing, is working toward her MS in finance at the Smith School. She studied finance as an undergraduate at the University of Alberta in Canada and is interested in pursuing finance jobs with U.S. engineering firms. She said finance education in the United States is "very advanced" relative to other countries, and that Chinese students are attracted to the MS programs offered by the Smith School and other institutions because it "will let them go back to China and find a better job."

For U.S. and non-U.S. students alike, the main appeal of the business-related MS degree, when compared to an MBA, is that it takes less time and costs less, while still providing students with the specialized knowledge and skills (and an added credential) that will help them stand out to potential employers. At the Smith School, a 30-credit hour MS program can take just one year to complete, while an MBA (requiring 54 credits) can take twice as long.

The Smith School intends to launch a fifth MS program in business analytics in the fall of 2012. "We see MS programs as an important growth area for us," Krapfel said. "Students with these degrees are entering the workforce with a high level of proficiency in key functional areas where employers need help right now."

The Advent of the "Personalized" MBA

In addition to offering the new MS degrees, the Smith School also has taken steps in recent years to change its MBA program so students can take more electives and concentrate in specific skill areas or fields. As the school describes on its Web site, "Smith's MBA electives enable you to build a personalized portfolio of management knowledge and skills."

University officials at a variety of institutions say that offering more personalization and specialization within MBA programs is one way in which they are trying to keep MBA enrollments up. The Healthcare MBA offered by the George Washington University School of Business, for example, includes 23 core classes in business and management, along with 12 electives on such topics as hospital administration and physician practice management.

According to Lawrence Ward at the Kogod School, MBA students there can concentrate in everything from finance and marketing to real estate, entrepreneurship and even journalism. In addition, Kogod is working with the university's School of Education and the nonprofit organization Teach for America on a program that will award an MBA with a concentration in "educational leadership;" a dual-degree program with the School of Education also is in the works.

Cason Cherry graduated with an MBA from the Kogod School last year; his concentration was social statistics. Cherry worked toward his degree while he was employed at Alexandria-based VSE Corporation, a diversified engineering and consulting firm where he leads a

Photo courtesy of Laurie Callahan, Marymount staff member

Donald Lavanty, JD, Marymount University professor of Business and an expert in health care law and policy, talks with visiting Swiss MBA candidates.

The main appeal of the business-related MS degree, when compared to an MBA, is that it takes less time and costs less, while still providing students with specialized knowledge and skills (and an added credential).

team charged with establishing standards for managing human resources information and analyzing workforce trends.

"To succeed in this organization, I need a specific set of skills. The MBA program was extremely flexible, and everything I studied was directly applicable to what I am doing now," Cherry said.

Another recent Kogod graduate, Sarah Murphy, combined her MBA studies with coursework in nonprofit management. Murphy, 25, had worked as an undergraduate with an after-school tutoring program and gained a firsthand understanding of how business principles can help nonprofits strengthen their reach and impact.

Now working as a program analyst with the Navy, Murphy said she is interested in pursuing career opportunities in management for education and youth programs. Being able to concentrate on nonprofit management as part of her MBA studies was "a big draw," Murphy said about choosing Kogod. "They made it really easy for me to do this, and I feel I was able to get the best of both worlds by combining the MBA with nonprofit management."

Photo courtesy of Michael Stitzel

Mario Morken, 28, is studying toward an MBA and an MS in biotechnology at Johns Hopkins.

Dual Degree Programs Marry MBA, Other Studies

Obtaining an MBA along with another graduate degree is the purest play for students wanting to take a deep dive into core business disciplines and a particular field of interest. Many schools have combined the MBA with other degrees for decades; among the most widely available options over the years: the MBA/JD, the MBA/MD and the MBA with an MS in engineering.

More recently, however, business schools across the country have rolled out a plethora of dual-degree programs in concert with other departments at their universities. Virginia Tech's Pamplin College of Business, for example, offers three "simultaneous degree" options for students, all with an engineering bent. The programs combine an MBA with a master of industrial and systems engineering, a master of civil engineering, or a master of building construction.

While enrollment in dual degree programs represents a small share

Continued on page 8.

Personalized MBAs

The "Have It Your Way" MBA

Students have a growing range of options available for personalizing their degrees in business and management.

Concentrations. Here are just a few of the concentrations and specializations that universities offer within their MBA programs:

- Accounting
- Acquisition
- E-commerce
- Entrepreneurship
- Finance
- Health services administration
- Hospitality and tourism management
- Human resource management
- Information systems
- International business
- Management
- Marketing
- Public administration
- Supply chain management

Dual Degrees. For students wanting to pair their MBA studies with more in-depth academic work in a specific area or field, universities offer a growing list of dual-degree MBA programs. Sample offerings include:

- MBA/JD (law)
- MBA/MD
- MBA/Master of Education
- MBA/Master of Fine Arts
- MBA/Master of Public Health
- MBA/Master of International Affairs
- MBA/Master of Public Administration
- MBA/Master of Public Policy
- MBA/Master of Public Health
- MBA/Master of Social Work
- MBA/MS in Engineering
- MBA/MS in Environmental Management
- MBA/MS in Information Technology
- MBA/MS in Journalism
- MBA/MS in Urban Planning
- MBA/PharmD (pharmacy)

MS Degrees. Business schools increasingly are offering MS degrees in a variety of business topics as a lower-cost and lower-time-commitment alternative to the MBA. These degrees include:

- MS in Accounting
- MS in Finance
- MS in Human Resources
- MS in Information Systems
- MS in Marketing
- MS in Supply Chain Management
- MS in Taxation

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Personalized MBAs

Photo courtesy of Chris Rief

Graduate students Shefali Vyas, Lisa Lazarus, and Adrian Miller engage in discussion in a Kogod signature classroom.

Continued from page 7.

of MBA students overall, many students view the dual degree as a crucial step to a successful career. One such student is Noah Greenberg, 26, who will graduate in May after a four-year course of study at Virginia Commonwealth University toward a combined MBA and doctor of pharmacy (PharmD) degree.

Of course, studying for two degrees at the same time can be a lot of work. Greenberg is enrolled in VCU's highly rated PharmD program on a full-time basis, spending the bulk of his daytime hours in lectures, laboratory and conference sessions, and meeting other commitments. In the evenings, he turns into an MBA candidate, taking two business classes per semester (three in the summer) alongside other part-time students, many of whom have day jobs. "It's been pharmacy by day and business by night," he joked.

Greenberg already has an inkling that all the hard work has paid off. He recently was accepted into a one-year fellowship program at Rutgers University that connects fellows with work opportunities in the pharmaceutical industry. Greenberg will be working with Bristol-Myers Squibb. "It looks like a great springboard to careers in the field," he said.

Mario Morken doesn't yet have a clear idea of the payoff from all the hard work he has been doing — workdays in the National Institutes of Health lab and evenings and weekends dedicated to his studies toward a combined MBA/MS in biotechnology from Johns Hopkins. But Morken is motivated every day, he said, by the shock he felt in high school when his father was diagnosed with throat cancer. As Morken saw how doctors, technology and medicine all combined to keep his father alive, he became convinced that he wanted to go into the health care field and make a difference.

"That experience turned my world upside down," Morken said, noting that his father is healthy and has been cancer-free since 1998. With his two degrees almost in hand and a dream of becoming a biotechnology company CEO, Morken hopes that he will one day play a part in helping others follow his father's path to wellness. ❑

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Guinea Pig | Bottle Royale

This kind of Body Armor won't help deflect any arrows (like Cato's skintight suit could in "The Hunger Games"). But the line of coconut water-based beverages ($2.50, 7-Eleven) promises to "protect + restore" drinkers with each bottle's blend of antioxidants, electrolytes and vitamins. The Strawberry Banana Guava flavor tastes a tad too sweet, but we're fond enough of Tropical Mandarin to say it's worth the 140 calories.

GOLD'S GYM

See your weekly Gold's Gym Trainer Tip on the next page.

Train Like A Tribute

Who needs the Training Center when we have Washington Sports Clubs? The Hunger Games Workout (for eight weeks, starting today at 9:30 a.m. at the Chevy Chase club, 5345 Wisconsin Ave.) relies on real bows to help work upper body strength, teaches speed and reminds you that the rules can always change.

Katniss (Jennifer Lawrence) and Gale (Liam Hemsworth) are on the hunt in the movie "The Hunger Games," out Friday.

COURTESY LIONSGATE

Survival Handbook

'The Hunger Games' highlights skills that are handy in real life

Except for the whole part about a society that sends teenagers into the wild to kill each other, there's a lot of nonfiction in the book "The Hunger Games," says Tim MacWelch, founder of Earth Connection in Fauquier County. Katniss' strategies for outlasting the elements and evading predators are ones everyone should remember when they go camping or hiking so they'll return home safely. Here are four local programs that can keep the odds ever in your favor. VICKY HALLETT (EXPRESS)

Ancestral Knowledge

HUNTING Even Katniss couldn't figure out how to make a bow, but Bill Kaczor promises he can teach you the technique ($350). Other classes at his nonprofit naturalist school can teach you how to set snares, build atlatls (primitive spear throwers) and start fires. For when you find yourself on the hunt without a weapon, Kaczor recommends a "rabbit stick" — essentially, just a stick you find and throw at your prey. "It's the first tool in hunting an animal. You can kill squirrels with them, too," he says. The whole family is invited to the annual Mid-Atlantic Primitive Skills Gathering (May 25-28), a long weekend of workshops in Conowingo, Md.

→ *Ancestralknowledge.org; 240-832-5435*

Earth Connection

GATHERING Figuring out what to eat is one of the lowest survival priorities, because you can last days without food, says MacWelch. But his edible plants workshops ($97) — one for each season — are designed to keep your stomach from growling. This time of year, look out for the plants Katniss first relied on to feed her family before learning to hunt: dandelions. "You can eat them from top to bottom, raw or cooked," he says. But what can't you eat? That's the other half of the lesson. Fool's parsley can kill you in hours, and certain mushrooms can kill you in days, MacWelch explains. One element of sci-fi in the book, however, is the berry that can off you instantly. Luckily, no real fruit is quite that poisonous. → *Earth-connection.com; 540-270-2531*

Wilderness Medicine

HEALING "It's easy to have a small injury and lose it and make a bad decision," says Ellen Smith, an emergency trauma doctor who's into adventure sports. So she started her program ($350) in Maryland's Patuxent River State Park to teach outdoorsy folks how to deal with medical crises. If she could get anything dropped with a silver parachute, she'd opt for cotton balls dipped in Vaseline. You can use them for blisters, packing a wound or starting a fire. Another goodie is nasal spray, which is easy to fit in a bag and can irrigate wounds and stanch bleeding. And if you have poison ivy? Look close to the offending plant for jewelweed; it has a gold flower and can relieve the itch.

→ *Wildmedmd.com; 301-524-6911*

Mountain Shepherd

EVADING In the book, Katniss' mentor advises her to run from the "Cornucopia" because heading toward the cache of supplies will make her an easier target. That's sage advice, says Reggie Bennett, a former U.S. Air Force survival instructor. "We call it, 'Get off the X.' The more distance you can put between you and the enemy, the better," he says. One of the courses his school in Catawba, Va., offers is "Hidden Pursuit" ($550), which ends with a simulation of an escape from a war zone, complete with firecrackers as pretend gunfire. You don't need to be a master of camouflage to hide, but you should cover as much of your skin as possible with dirt. "It's the oil and shine that people see," Bennett says. Also, watch where you lean, because the tops of small trees will wave to your enemies, and walk between tall grasses rather than on top of them or else you'll bend the blades in the direction you're headed. → *Mountainshepherd.com; 434-238-4094*

Meet The Trainer

Josh Wood

Certified Personal Trainer
Merrifield Gold's Gym

Josh developed an early passion for exercise and physical activity when he began playing sports in fourth grade. He went on to play collegiate lacrosse and coached at the high school level. Josh is a graduate of Marymount University where he earned a B.S. in Health Promotion, with a minor in Nutritional Chemistry. Josh specializes in high intensity functional and resistance training. His passion is helping his clients build self-confidence, and develop and maintain a healthier way of living.

Certifications:
National Council of Strength and Fitness; Aerobic and Fitness Association of America; Certified Nutrition Specialist; CPR/AED

To schedule an appointment with Josh or another Gold's trainer, come to a Gold's Gym location near you or visit our website.

GOLD'S GYM

Trainer Tip of the Week

It's tournament time! While watching your favorite team this week, use the commercial breaks to get in a mini-workout. Your goal: 100 push-ups and 200 crunches. If needed, break them into mini-sets each commercial break until you have accomplished the ultimate goal. For a greater challenge, schedule an appointment with me.

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BEN CLAASSEN III

Take a Look in Your Mirror

Q My boyfriend is a metrosexual. We always joked about the fact that he used more hair products than me, etc. Lately he seems to care so much about his appearance that it's getting really annoying. He takes all kinds of supplements to build muscle and he's always looking at himself in the mirror. I'm wondering if this will ever get better or if it's time to end it. DATING A METROSEXUAL

Only you can discern if a partner's "really annoying" habits are enough to end a relationship. It's a common problem: A trait that you used to like — or at least tolerate with humor — has begun to wear thin. Many people describe this happening in long-term relationships over time, but when it happens in relatively new relationships, it's not the greatest of signs.

It also seems like his behavior is intensifying, which might mean that your overall values are headed in different directions (perhaps you're more boardroom while he's more "Jersey Shore"). The million-dollar question? Whether this is truly an isolated trait, or whether it's tied into larger aspects of him that are starting to feel like not such a good fit.

Bossing Around Is Another Job

Q I've become what I never wanted to be — the nagging wife. Now that we have two young boys, I find our conversations revolve around me telling my husband to do stuff or complaining that stuff hasn't gotten done. Even when we're getting along, it's like I'm his boss. I swear he's gotten lazier. I sometimes get so angry at him that I can barely think straight, and then I yell at him and he sulks and ignores me. AT AN IMPASSE

There's no doubt that relationships take a serious hit when children enter a family. One of the most common complaints is having to renegotiate the new list of to-dos, especially if one partner is more concerned with them than the other is.

You're resentful that duties seem to be defaulting to you, whereas he most likely feels attacked for insufficiently following rules he's not even aware of. You might be able to resolve this without counseling. Here's the test: Each of you should decide on two specific, daily things that you can do differently to make the other person feel helped out. Try it for a week. If you're motivated to stick with it, then you're on the right track. If not, see a counselor to get a boost of accountability.

@ Send your questions to Dr. Andrea Bonior at baggage@readex-press.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

Event Horizon

Powerful Previews

D.C.'s Environmental Film Festival (through Sunday, Dcenvironmentalfilmfest.org) hopes to open your eyes with a panel on the impact of the environment on public health at GW's Jack Morton Auditorium (805 21st St. NW) at 5:30 tonight. See clips from a film and two PBS series, and hear experts discuss several issues, including water contamination and how our cities have been built to breed inactivity. It's free — no reservations required.

Let My People Run

Start your Passover celebration early with Sixth & I's new 5K in Rock Creek Park

Last October, when Sixth & I put out a call for submissions to its "Next Great Idea for the New Year" contest, Wendy Rubin could come up with only one thing: running. The Arlington resident was training for the Marine Corps Marathon — her first — and had become completely consumed by logging miles. The focus paid off when she not only finished the race but won the contest.

The result is this Sunday's Exodus 5K Walk/Run, a race of biblical proportions in Rock Creek Park. "I originally thought of an 18K, because 18 is a lucky number for Jews. But it was too long," Rubin says.

A Passover theme, however, stuck. Before the holiday, it's traditional for Jews to get rid of all the chametz (leavened food) in their kitchens, so it's prime time for carbo-loading. Whatever participants don't manage to down, they can donate to Miriam's Kitchen (Miriamskitchen.org), the event's charity beneficiary. Re-enacting the Jewish escape from slavery in Egypt also provides an opening at the race to discuss modern-day slavery, as well as other social justice issues.

ISTOCKPHOTO

Locusts, one of the eight plagues, are not expected to be in attendance on Sunday.

It's quite a departure from last year's winning idea, which was the Sixth & Rye kosher food truck. But it serves a similar purpose of getting the community together outside of the synagogue for some secular bonding. To encourage participation, the event is open to walkers and parents with strollers — and people of all religions. And although there will be a clock to help runners see how they did, no one will get an individual time.

That's not to say there won't be any competition, notes Sixth & I communications associate Allison Goldstein. The first- and second place men and women will take home prizes, as will the person in the best costume. With eight plagues to choose from, as well as several well-known figures, there are many options out there. "A friend suggested I should dress like Moses and lead the runners," says Rubin, who claims she will not be wearing flowing robes this weekend.

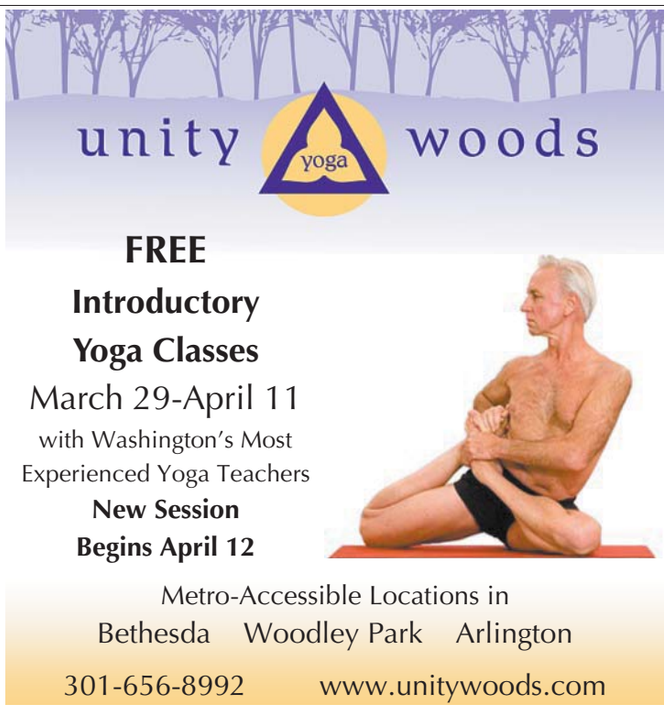
In addition to a T-shirt and post-race snacks, all runners will be entered into raffles for various goodies, including tickets for concerts at the 9:30 Club, books from Politics and Prose and admission to events at Sixth & I. If that sounds like a good idea to you, just make sure you register by Friday at noon. There will be no walk-up sales on Sunday. VICKY HALLETT (EXPRESS)

● *Registration for the walk/run is $25. Sign up at Sixthandi.org by Friday at noon. Check-in starts an hour before the 8 a.m. run at picnic grove #24.*

STUDIES

Cool Hand Fluke

Cooling the palms of your hands during a workout — by holding on to a cold water bottle, for instance — may keep you coming back to the gym, says a new study. When overweight participants performed workouts wearing special hand-cooling gloves, they were less likely to quit exercising than participants who didn't use them. "Cooling your palms improves thermal strain on the body, making it more comfortable to work out," says Stacy T. Sims, study author and exercise physiologist and nutrition scientist at Stanford. MADELINE HALLER (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)



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Salon Dangers

No one said looking good was easy — or good for your health

Ahh, a day at the salon — you'll get pampered and preened, and you'll come out looking like a million bucks. It's a beautiful thing, really. Except when it's not. The health risks associated with popular treatments mean you may need to start taking caution at the salon. Here's what could be risking your health, and what to do instead.

Brazilian Blowout

The treatment, which requires flat ironing a solution onto the hair, leaves even the most wild of manes shiny, soft and frizz-free for months at a time.

The problem: The Brazilian contains high levels of formaldehyde (a recognized carcinogen by the U.S. Department of Health and Human Services) and produces noxious fumes.

The alternative: While the foamy sensation of conventional cleansers may feel like a good thing, they can strip away the hair's natural oils. The result: breakage, frizz and flyaways that the Brazilian "fixes" (in the short term). Some women with coarse, dry hair have found that cutting out shampoo altogether improves their hair's health. If your hair's more oily and fine, opt for a natural shampoo and work on reducing the number of times you shampoo a week.

Spray Tans

Spray tans are a big health no-no. Interestingly, the ingredient that "tans" skin, called dihydroxyacetone (DHA), is a non-toxic simple sugar that interacts with the top layer of skin to give it that not-quite-from-the-sun glow. It's the spray part you should worry about.

The problem: The FDA has warned against inhaling DHA, something that isn't exactly easy to avoid when getting a spray tan.

The alternative: Use a tanning lotion, preferably one with no dyes or synthetic fragrances.

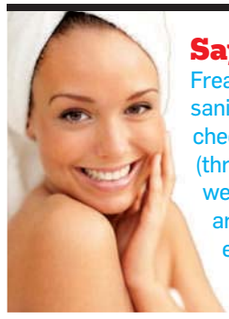
Gel Manicures

Quick-drying, chip-free gel manicures offer a more-natural look than acrylics, and they let you grow your real nails underneath.

The problem: Gel manicures are touted as being safer than acrylics, but the jury is still out on that. And then there are the UV lamps. Gels require UV light in order to set, which means about 10 minutes under the lamps every time you have your gels done. Artificial UV light is known to contribute to the risk of skin cancer.

The alternative: If you're dead-set on gel manicures, use a zinc or titanium based sunscreen before going under the lamp. And save the gels for special occasions.

ALEXANDRA SPUNT (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)



Say "Spaaaah"

Freaking out about doing your taxes? Save your sanity — and, hopefully, some of your refund check — by taking advantage of Wellness Week (through Sunday, Spafinder.com/wellness-week). Spas and health clubs across the region are offering treatments (facials, massages, etc.) as well as workout packages for low prices — typically $50 or 50 percent off. See the site for details. (EXPRESS)

lookout

Summer Share
MTV's 'Jersey Shore' will head back to the beach for season six 35

Sound Bets

AMELIE LOSIER

Boundless Love

Avant-garde musician Genesis P-Orridge and his wife, Lady Jaye, were in the process of becoming one when she died in 2007. Their surgical body modifications were an artistic attempt to create a singular pandrogynous identity known as Breyer P-Orridge. This process is captured in the touching, loving film "The Ballad of Genesis and Lady Jaye," which opens Friday at Landmark's E Street Cinema.

By Christopher Porter

P-Orridge has always pushed artistic boundaries, from the late-'70s proto-industrial experiments of his band Throbbing Gristle to explorations of psychedelia and acid house with his Psychic TV project. But what's sometimes lost amid the noise are P-Orridge's breathtaking forays into melody.

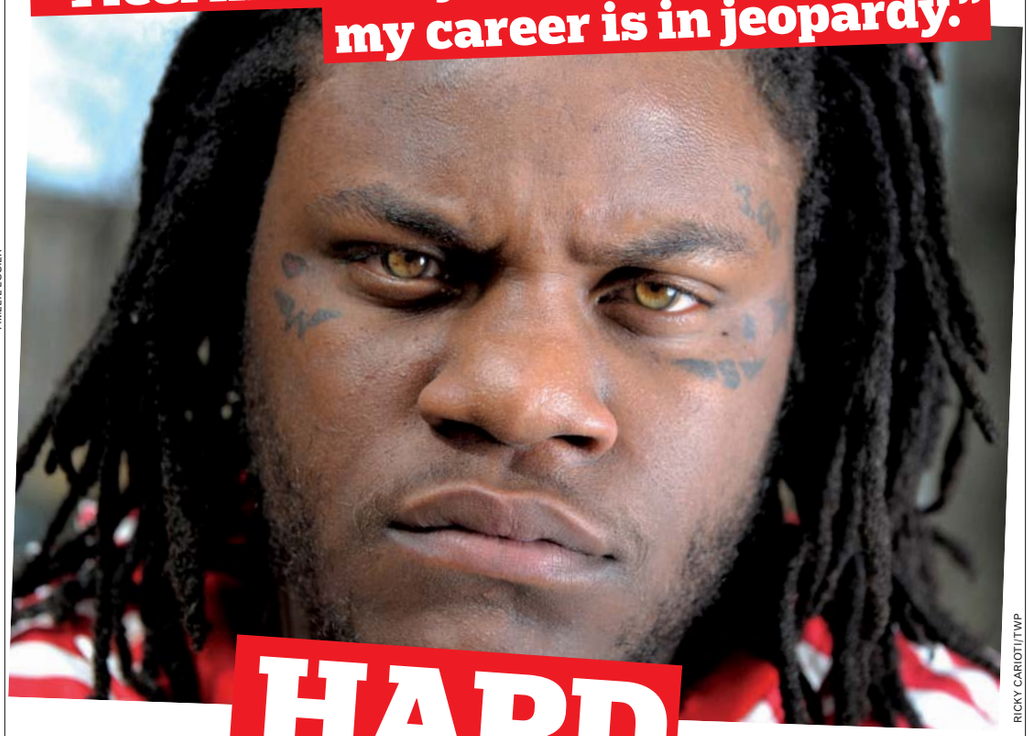
The 1985 bittersweet tribute tune "Godstar" is about Rolling Stones founding guitarist Brian Jones, who drowned in 1969, and it's one of finest indie-pop singles of its decade. Even more delicate is his 1983 song "The Orchids," the most gorgeous ballad you'll ever hear about genital piercing.

Sometimes simple beauty lurks at the edges of the extreme.

Download Now:
Check out some Psychic TV tracks at http://is.gd/wf5KCr

@ Read Christopher's previous columns at: **expressnightout.com/soundbets**

"I feel like every day when I wake up, my career is in jeopardy."



RICKY CARIOTI/TWP

HARD KNOCK LIFE

Washington's Fat Trel is poised to take D.C. rap to the next level with his new mix tape

Music

Outside the Pentacle apartment complex on Benning Road NE, the morning air smells like springtime, weed and Newports. Fat Trel drags hard on his cigarette as if he's sucking down a milkshake, then smiles, soaking up the sound of birds and the laughter of his friends.

Eleven a.m. feels way too early for the rapper to be hanging with his crew outside the building where they grew up, let alone be awake.

But Trel hasn't gone to bed yet. He's been in the studio all night finishing "Nightmare on E Street," the eagerly anticipated mix tape he'll be releasing March 26.

The 21-year-old squints his piercing green-gold eyes and recalls his adolescence in these streets, "selling coke, gambling, selling weed, stealing, robbing, burglaries." At 18, he was shot just a few blocks away by a friend who tried to rob him. "It was just bed rest for a week, and then I came right back outside," he says.

Since then, he's slowly tried to escape the chaos of the street life by rapping about it, even when the pull refuses to let him go. As his career bloomed over the past year, Trel has had sour splits with mentors and managers, thrown punches in a notorious brawl and, most recently, was stabbed. All the while, he says he's been chased by record labels waving big contracts.

Now, the most riveting figure in the city's sprawling hip-hop scene is trying to figure out how to share his troubled story with the world — and without falling victim to it.

"I feel like every day when I wake up, my career is in jeopardy," Trel says. "It's just up to me to make the right decisions, to stay as far away from that as possible."

D.C.'s musical landscape has transformed over the past five years with the rise of Wale, the local rapper whose album "Ambition," debuted at number two on Billboard's album chart in November. Once fiercely loyal to go-go, young, black Washington has opened its ears to a stable of stylish rappers thriving on local radio and beyond.

Trel's strongest songs — "Y'all [expletive] Ain't Real" and "Respect With The Tech" — are delivered in heavy, sticky syllables, blending menacing tough talk and lewd sexual boasts. At his most thrilling, he manages to sound dangerous in a genre that has exhausted the notion of taboo.

"I do what the [expletive] I do," Trel says bluntly. "And I rap about it."

CHRIS RICHARDS (THE WASHINGTON POST)

The Mixtape

Fat Trel says "Nightmare on E Street," which drops March 26, will feature production from the likes of Mississippi rapper-producer Big K.R.I.T and young Virginia phenom Lex Luger, whose juggernaut hits with Waka Flocka Flame have created a space on the airwaves for a rapper like Trel. C.R.

Mother Knows Best

When he was 4, Trel's mom, Pamela Reeves, moved her sons to Washington, seeking a better life. One day after school, Trel told his mother he wanted to perform a rap song in the third-grade talent show. She made him write his own. "I told him to rap about what was going on, how he feels, his neighborhood ... his friends," Reeves says. Trel titled his song "My Ghetto Neighborhood." C.R.

Melanie Fiona on Her 'Life'

Album Review

With freshman jitters behind her and two Grammy wins under her belt, Melanie Fiona returns with a sophomore album that stays true to her eclectic sound — a mix of soul, R&B, rock, doo-wop and reggae.

"The MF Life" picks up where Fiona's debut, "The Bridge," left off. She still sings of love, heartbreak and frustration — mostly over lush, soulful instruments backed with old-school harmonies.

The MF Life
Melanie Fiona

The album opener, "This Time," featuring rapper J. Cole, has a tribal, marching band-like beat that evokes a Beyoncé dance groove.

Girl power anthem "Change the Record" calls for ladies unsatisfied with their relationship to "do better, if you don't like how he's playing, then change the record." But Fiona soon realizes her pride isn't as big as her heart — she wants her old flame back, but he's left for good — in the piano-heavy "Gone and Never Coming Back." (AP)

Uncommerical Appeal

The Ting Tings shun pop trends on 'Sounds From Nowheresville'

Album Review

It's been almost four years since British duo the Ting Tings' "Shut Up and Let Me Go" became a minor stateside hit, thanks in large part to its placement in an iPod commercial.

The Ting Tings aren't the first act to find themselves unable to capitalize on a boost from Apple (Where have you gone, Yael Naim?), but "Shut Up" was singular in its wretchedness, possessing all the brattiness of punk and none of the cred.

In search of a follow-up, the duo (made up of Katie White and Jules de Martino) repaired to Berlin, where they made a dance-pop album they deemed too potentially commercial (see: uncool) to release. It was never finished, although traces of it can be found, like fossils in the dirt, on their sophomore disc, "Sounds From Nowheresville."

"Nowheresville" journeys from sung-shouted garage pop to electro bangers to reggae to ballads to Urban Outfitters goth. It positions the Ting Tings as either a pop duo for hipster types who scorn pop, or the Black Eyed Peas for people who know what the Guggenheim is (indeed, "Guggenheim," a fascinating mess of a spoken-word track, is almost the best thing here).

Jules de Martino, left, and Katie White, right, make up British duo the Ting Tings.

MATT PERKINS

["Nowheresville"] positions the Ting Tings as either a pop duo for hipster types who scorn pop, or the Black Eyed Peas for people who know what the Guggenheim is.

Sounds From Nowheresville
Ting Tings

Some tracks, such as the great, rangy, unclassifiable "Hit Me Down Sonny," demonstrate the possibilities of the duo's too-cool-for-pop approach. Others drone on unhappily, as if the Ting Tings, in their perverse quest for the avant-garde, were determined to distance themselves as much as possible from things that might be pleasurable, such as melodies or hooks. The best songs here bridge the gap between the two, as on the Brit pop-referencing "Give It Back." It might not be revolutionary, but it's the best song Elastica never made. ALLISON STEWART (THE WASHINGTON POST)

● *Rams Head Live, 20 Market Place, Baltimore; with MNDR; April 14, 9 p.m., $25; 410-244-1131, Ramsheadlive.com.*

Today's Top Stops

COMPILED BY FIONA ZUBLIN

KEEGAN THEATRE

1 Shout Factory

If you can't wait until Sunday's "Mad Men" premiere to watch white men shouting at each other, the Keegan Theatre's "Twelve Angry Men" should suffice. It's the story of murder trial jurors who have to navigate biases, legal maneuvering and the fact that they're all stuck in a room together to assure that justice is done. ***Church Street Theater,1742 Church St. NW; through March 31, $30-$35; 703-892-0202, Keegantheatre.com (Dupont Circle)***

2 Cold as Ice

Through cryogenics is a little more advanced than blocks of ice at this point, the science of freezing dead people in hopes of someday thawing and curing them still carries gruesome associations. Iwan Bagus' exhibit "Cryos" consists of photographs of portraits encased in blocks of ice. This is the only time we'll recommend that you go see people's heads encased in ice. ***Studio Gallery, 2108 R St. NW; through March 24, free; 202-232-8734, Studiogallerydc.com. (Dupont Circle)***

3 Pure Imagination

Jonah Lehrer's got it all: He's young, handsome and a genius at explaining complex scientific concepts without resorting to weird Malcolm Gladwell-esque catchphrases. He'll be speaking tonight about his new book, "Imagine," on the neuroscience behind creativity. Which, yes, mentions Steve Jobs. ***Politics and Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919, Politics-prose.com. (Van Ness)***

TV tonight lookout

'The River' Runs Out

The paranormal series ends its first season in a struggle to gain ratings

Finales

ABC 9:00 "The River" wraps up its first season tonight. It was the fourth-rated show in its time slot last Tuesday, so don't hold your breath for more trips up the Amazon. It's one thing to get beaten by a repeat of "NCIS: Los Angeles" and a dollop of "The Biggest Loser," but it's a sinking feeling to attract fewer young viewers than the near-unwatchable "Breaking In."

It's been tough sledding for new series centered on cosmic mysteries. Fox shows "Alcatraz" and "Fringe" have had difficulty finding traction with viewers, and not even a Spielberg pedigree could save Fox's "Terra Nova" from cancellation. The only "Lost"-inspired series launched this year that's guaranteed to return is "Person of Interest" on CBS. KEVIN MCDONOUGH (UNIVERSAL UCLICK)

MARIO PEREZ/ABC

Bruce Greenwood, left, tends to a wounded Joe Anderson on "The River."

Best Bets

CW 8:00

90210 After he collapses during an argument with her in the recording studio, Adrianna (Jessica Lowndes, left) takes Dixon (Tristan Wilds, right) to the hospital, where they run into Liam. He's there with Silver, who's being tested for the breast cancer gene.

NBC 10:00 **Fashion Star** Each designer is given a retail space in which to display two creations for prospective customers. Then they must decide whether to showcase the design the customers preferred, even if they themselves prefer the other.

TLC 10:00 **The Little Couple** A fifth season opens with Jen and Bill ready to try again for a child. While they wait to see if their surrogate, Cindy, is also on board, they decide to set the wheels in motion for adoption.

CBS 10:00 **Unforgettable** A powerful family uses its influence to stall Carrie's (Poppy Montgomery, right) investigation. She gets some help from a lawyer who may not be what he seems. In fact, Carrie suspects he's the mystery caller behind a series of sniper attacks. (TRIBUNE MEDIA)

Reality

Combat Commune

On "Tabatha Takes Over" (10 p.m., Bravo) our host, below, tries to help Tim, a chiropractor who wants to build a combination salon, spa and wellness center that will treat people "inside and out. The problem is that Tim is a hippie who thinks of his staff as a community, while the facility's manager uses his aggression to drive employees away. (TM)

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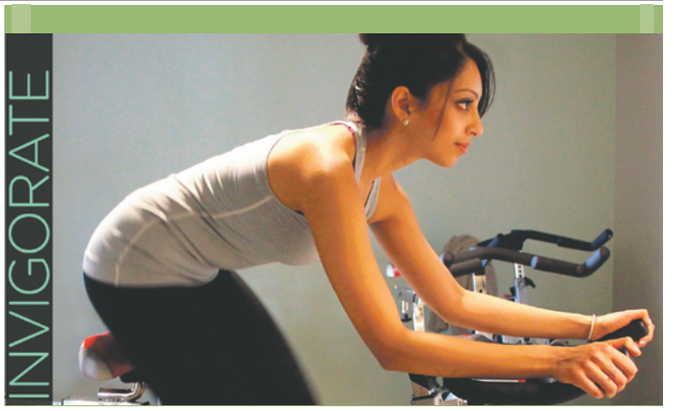

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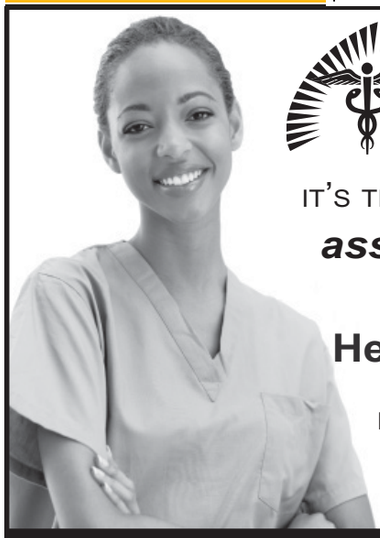

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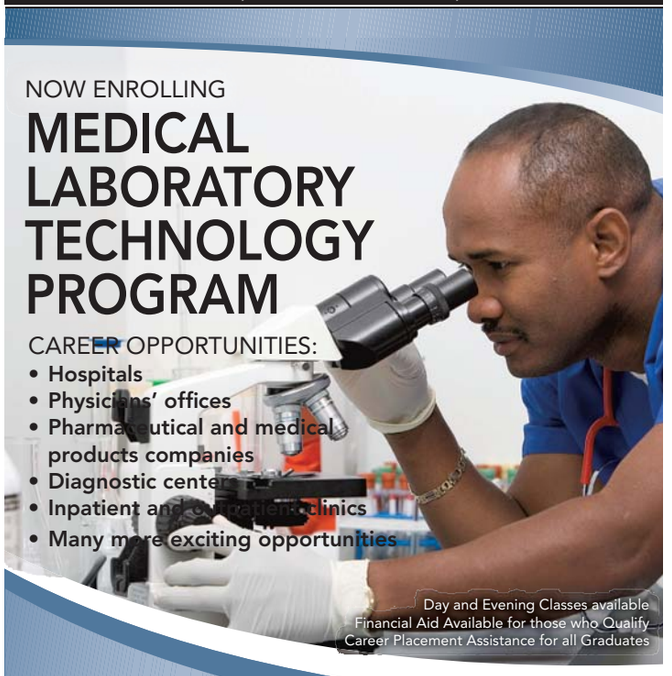

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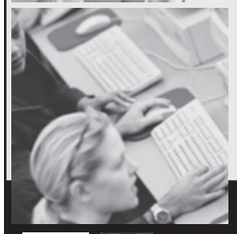

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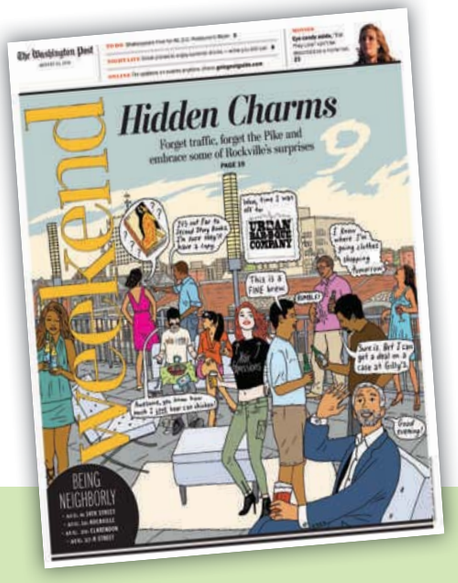

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MARTIN FAMILY PHOTOS/AP

Blog Log

"The coolest part was the reaction of the fans. When they realized it was a marriage proposal, they cheered wildly. It didn't matter that it was two women getting engaged. While we've been saying that sports aren't at the core a homophobic institution anymore, it is still moving to see proof of it."

—CYD ZEIGLER JR. AT OUTSPORTS.COM/JOCKTALKBLOG reacts to the between-periods proposal of a Senators fan to her girlfriend, a Maple Leafs fan, at an NHL game between the two teams in Ottawa over the weekend.

"What I'm most sorry about is a multi-day productive convo about Trayvon [Martin] & [George] Zimmerman has turned into an unproductive referendum on me."

—@TOURE offers an apology after he tweeted "New slang! You're Zimmermanning me = You're killing me" in reference to the story of Martin, above, who was shot to death while unarmed on Feb. 26 by Zimmerman, a neighborhood watch captain in Sanford, Fla. As of Monday, Zimmerman had not been charged with a crime.

"I guess if you pay attention to the lyrics, it's a little tragic that this 2-year-old has spent upwards of half her life lamenting her lost love. ... Ladies and gentlemen, your future winner of 'America's Kidz Got Singing'"

—DAN HOPPER AT BESTWEEKEVER.TV pokes fun at a YouTube video of a toddler singing along to Adele's "Someone Like You."

"One thing is clear to me, though: The map won't be able to take many more additions before it begins to feel too cluttered, and requires a more wholesale redesign. This is a nice map, but it's probably a short term solution."

—BEYONDDC.COM analyzes the new Metro map released by WMATA on Monday.

"Y'all got more faith in Peyton Manning's fused neck than Tim Tebow has faith in Christ."

—@BLACKCANSECO doesn't think Manning's body will hold up for a full NFL season, after news broke that the quarterback, above, planned to sign with the Denver Broncos, where Tebow, a devout Christian, played the same position last season.

HEALTHY FEMALE VOLUNTEERS NEEDED

The National Institute of Mental Health is conducting a clinical research study with an experimental drug to determine if this drug may reduce stress and anxiety. The effects of the drug will be compared to an approved anti-anxiety drug and to a placebo, an inactive pill. There is no cost for participation. Compensation may be provided.

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- Are between 21-50 years of age and in good health

You may not be eligible to participate if you:
- Have heart disease, history of chest pain, angina, peptic ulcer or epilepsy
- Are pregnant or nursing
- Have depression, anorexia, bulimia or anxiety

The study involves:
- 6 outpatient visits to the NIH Clinical Center over a period of 8-9 weeks

Location:
- The NIH Clinical Center is located in Bethesda, Maryland it is easily accessible via the Metro Red line (Medical Center Stop)

For more information call:
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(TTY-1-866-411-1010)
Se habla español
www. clinicaltrials.gov
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puzzles lookout

Horoscope

PISCES (Feb. 19-March 20) You've been wondering how someone else is able to do what he or she does — and today you'll have a chance to find out firsthand.

ARIES (March 21-April 19) You'll want to tackle problems one at a time without distractions. Be sure you don't get ahead of the game.

TAURUS (April 20-May 20) Staying positive is the key to a productive day. Don't let negative thoughts or feelings intrude in any way.

GEMINI (May 21-June 20) You'll have a distance to travel today before you can settle down and get a certain job done. Keep communication at home free and honest.

CANCER (June 21-July 22) You may discover the position you are currently in demands more from you than anyone had originally suggested. You have what it takes.

LEO (July 23-Aug. 22) You can handle almost anything a rival dishes out today — but you'll want to use caution when he or she begins to imitate you. Don't be flattered!

VIRGO (Aug. 23-Sept. 22) Someone's behavior may make you wish you had never gotten involved — directly or indirectly. It's too late for regrets. Look ahead.

LIBRA (Sept. 23-Oct. 22) Any ill feelings you may be harboring at this time are not really aimed at anyone in particular. Indeed, you're your own worst enemy right now.

SCORPIO (Oct. 23-Nov. 21) You're trying too hard to be the hero today. Just try to get the job done, and let another's perception of you develop organically.

SAGITTARIUS (Nov. 22-Dec. 21) You know how to play the game today, and despite another's attempts to derail you, the end will see you prevailing as expected.

CAPRICORN (Dec. 22-Jan. 19) You'll be asking a number of questions today, not least of which will be "Who are you?" Look twice at anyone who answers too quickly.

AQUARIUS (Jan. 20-Feb. 18) You may want to try to do something familiar in a different way today. A subtle difference is all it takes; style is most important.

PostPoints DAILY CODE V D

Scrabble Grams

PAR SCORE 150-160, BEST SCORE 219

								RACK 1
A1	E1	L1	B3	B3	R1	M3		
								RACK 2
E1	E1	I1	U1	N1	T1	Q10	Double Word Score	
								RACK 3
A1	A1	O1	U1	R1	R1	L1		
								RACK 4
A1	E1	E1	U1	C3	N1	V4	2nd Letter Triple	

Yesterday's Solution

J8	E1	W4	E1	L1	R1	Y4	RACK 1 =	110
A1	M3	P3	E1	R1	E1		RACK 2 =	10
T1	E1	S1	T1	I1	E1	R1	RACK 3 =	57
S1	O1	M3	E1	O1	N1	E1	RACK 4 =	60
PAR SCORE 140-150							TOTAL	237

FOUR RACK TOTAL _____

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

3				9			4	
		4	2	3	8			5
	2			1		6	3	
1		2		8	3	4	6	7
4				6				2
7	6	3	5	4		8		1
	1	7		5			8	
5			4	2	9	7		
	4			7				3

Yesterday's Solution

6	7	4	2	5	9	8	3	1
1	9	5	7	8	3	4	6	2
2	8	3	4	1	6	9	5	7
5	4	2	8	7	1	3	9	6
9	1	8	6	3	5	2	7	4
7	3	6	9	2	4	5	1	8
8	6	9	3	4	7	1	2	5
3	2	1	5	6	8	7	4	9
4	5	7	1	9	2	6	8	3

Need more Su|do|ku? Find another puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN

PEARLS BEFORE SWINE | STEPHAN PASTIS

Forecast

74 | 59

Today: A thunderstorm today; morning fog. A thunderstorm in spots tonight.

74 | 58

Tomorrow: Fog tomorrow morning; warm with some sun. Thunderstorm tomorrow night.

Looking Ahead

THU	FRI	SAT
82 | 58	78 | 51	70 | 49

Sun and Moon
Sunrise today: 7:11 a.m.
Sunset today: 7:20 p.m.
Moonrise today: 5:52 a.m.
Moonset today: 5:48 p.m.

Almanac
Normal high: 57
Record high: 85
Normal low: 38
Record low: 12

FORECAST BY ACCUWEATHER.COM ©2012

DO YOU DRINK ALCOHOL?

✓ Drink daily or almost daily ?

✓ Are between the ages of 21 and 60 ?

We are seeking men and women between the ages of 21 and 60 to study whether a medication for smoking cessation (CHANTIX™) may affect drinking (NIH Study #08-AA-0137). Volunteers should be healthy and drug-free. There are no charges for study related tests and evaluations. Qualified subjects will be reimbursed for their participation. The study lasts nine weeks and requires five outpatient and one overnight visits at the National Institutes of Health Clinical Center in Bethesda MD.

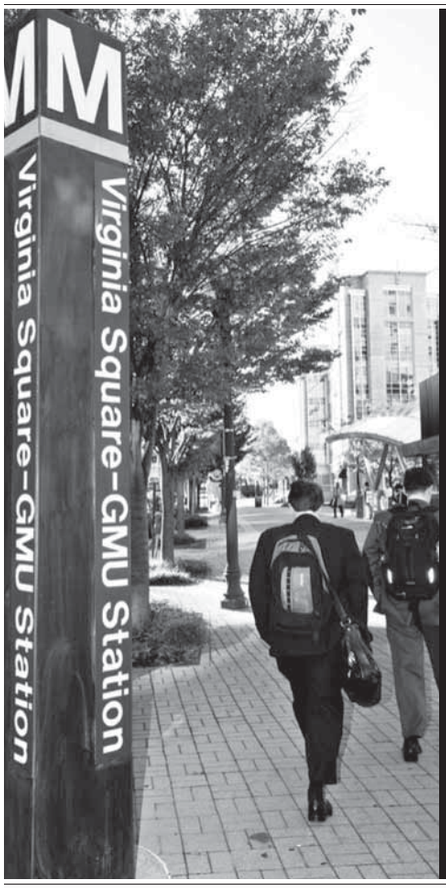
For more details, call

301-496-7500

NATIONAL INSTITUTES OF HEALTH

NIAAA
National Institute on Alcohol Abuse and Alcoholism

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA



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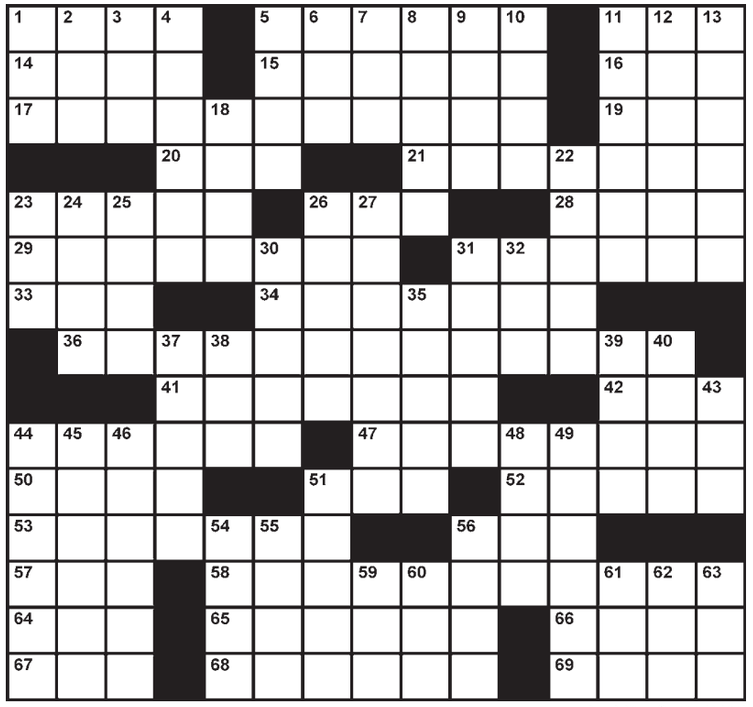
lookout puzzles

Crossword

ON STRIKE



EDITED BY TIMOTHY E. PARKER

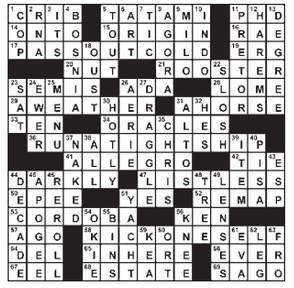
ACROSS

1 Mercedes' partner
5 "Support the ___"
11 Turned on, as a bulb
14 White-centered cookie
15 Extravagant publicity
16 WSW opposite
17 Turner on the boat in "Proud Mary"
19 "That'll be ___ day!"
20 Particle physicist's particle
21 Tightening tool
23 "Shaft" scorer Hayes
26 Resort for reducers
28 Aesop racer
29 Falafel bean
31 Bar tender?
33 Dark half of a Chinese circle
34 Defunct airline
36 Illegal lottery
41 Choice for rain gear
42 "Don't ___ step further!"
44 Deflects
47 Cover by draping
50 Bowery denizen, once
51 "Sure thing, skipper!"
52 Brewer's hotspots
53 Rubs elbows
56 All clocks are set by it (Abbr.)
57 Not feeling 100 percent
58 React, figuratively
64 "Seinfeld" uncle
65 Footnote citation
66 Attack unexpectedly
67 "... and so on" (Abbr.)
68 Allegorical cards
69 Barbecue rod

DOWN

1 Conk on the bean
2 "The ___ of Good Feelings"
3 Springfield widower Flanders
4 Collection of signs
5 "And __ what happened?"
6 Boarding-pass word
7 "Check THAT out!"
8 Wagner composition
9 "Not guilty," e.g.
10 Bad thing to get in a wound
11 Like an asp's bite
12 "Come ___ at once!"
13 Balance on the brink
18 It may be picked
22 Armor defect
23 "If looks could kill" type of stare
24 Body part often kicked
25 Aboriginal Japanese
26 Catalogue issuer of yore
27 Access provider
30 Suffers from sunburn
31 501 and 505
32 Cannonball's trajectory
35 More than double
37 Dum-dum
38 Boring necessity?
39 Things that can be bruised
40 Advertise broadly
43 You see them after they're taken out
44 For a short span
45 End of the rainbow?
46 As a group
48 Comfortable, as accommodations (Var.)
49 Appraisers
51 Just waking up
54 Black-bordered news item, briefly
55 "Ali ___ and the Forty Thieves"
56 Agate and amethyst, e.g.
59 "And now, without further ___"
60 A monarch may be snagged in it
61 Across the pool and back
62 "Rocky ___" (film with Mr. T)
63 Banned bug-killer

Yesterday's Solution



Today in History

1727 Mathematician and astronomer Sir Isaac Newton dies.

1815 Napoleon Bonaparte returns to Paris after escaping his exile on Elba, beginning his "Hundred Days" rule.

1852 "Uncle Tom's Cabin" is first published in book form.

1969 John Lennon marries Yoko Ono in Gibraltar.

express

CAC

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people lookout

IMPROVING

Gallagher Emerges From Coma, Cracks Jokes to Fam

Gallagher is telling jokes after being taken out of a medically induced coma that doctors put him in following his heart attack last week in Texas. Doctors slowly woke up Gallagher on Sunday. His manager says Gallagher immediately recognized his family and started talking to them. The comedian is known for smashing watermelons with a sledgehammer. (AP)

ALSO ACCURATE

Kim Responds: How Dare You Call Me Channel Filler?

Quick recap: John Hamm said celebrity culture rewards stupidity and name-checked Kim Kardashian. Kardashian said his remarks were careless. Hamm said Monday on the "Today" show that his remarks weren't careless — "they were accurate" — and that "there are a lot of channels on the dials and those channels need to be filled up with things." (EXPRESS)

ROBYN BECK/AFP/GETTY IMAGES

This year's "Jersey Shore" action figures completely fail at being life-like. Snooki isn't even to scale!

VOCABULARY

Can We Call It 'Epic' Yet?

"Jersey Shore" will return for a sixth season, MTV announced Monday. A few changes are on the horizon, though MTV promises that the cast's "trademark hilarity and family dysfunction will remain the same." Nicole "Snooki" Pollizzi, who is with child, told Usmagazine.com she won't live in the same house as her castmates: "I don't want to be one of those moms who's pregnant in a club." (EXPRESS)

Babies

She Already Hates You

Hugh Grant opened up about his infant daughter, Tabitha, telling the Guardian that he "likes her very much" and that she has not changed his life, at least not "massively." But, "I'm absolutely thrilled to have had her, I really am." (EXPRESS)

APATHY

We, Too, Are Over the Drama

Rosie O'Donnell and Oprah Winfrey are no longer speaking, reports Radaronline.com. O'Donnell felt the press release announcing her show's demise put the blame on her. "Rosie wanted changes made, but Oprah instructed the release to go out ... she was just over the drama," an unnamed source told Radar. (EXPRESS)

"If anything, I understand her even less. But in terms of mothering, I don't carry anything 'Betty' home."

— **JANUARY JONES** REASSURES HOLLYSCOOP.COM THAT SHE DOES NOT SHARE PARENTING TRAITS WITH HER "MAD MEN" CHARACTER, BETTY DRAPER.

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